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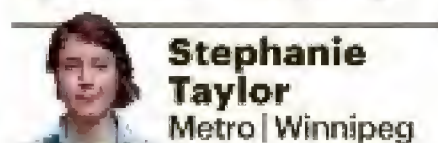
Your essential daily news | THURSDAY, DECEMBER 15, 2016

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The cost of *truth and reconciliation* ...and why this councillor doesn't think it's worth it

RESIDENTIAL SCHOOLS

Browaty opposes training city workers on the system's legacy



The city's grass cutters, payroll clerks and pothole fillers shouldn't have to take residential school system training.

That's according to one Winnipeg city councillor, who later apologized for his comments on Wednesday, while still standing behind them.

"Taking away or paying employees overtime to attend this type of training, taking them away from cutting the grass, filling potholes, providing the services we count on, I don't think that is our position," Coun. Jeff Browaty said during a council meeting on Wednesday.

Apart from his opposition,

councillors voted in favour of training city workers on the legacy of the country's residential school system. This follows a recommendation in the Truth and Reconciliation Commission's report.

Browaty said he supports Mayor Brian Bowman's commitment to reconciliation, but that he draws the line at spending extra money to train employees.

Around 90 minutes later, Browaty issued a statement apologizing for his comments and clarifying his concern was about the absence of any costs related to the training from the report.

"In reality, they're talking about taking people away from their jobs for a 1/2 day session," reads the statement. "In the course of a year, the City of Winnipeg issues around 10,000 T-4 slips. That would equal 5,000 working days people would be away from their jobs and in this training. I don't think it's necessary for a grass cutter, payroll clerk or pothole filler to take this training."

"I apologize if my comments



offended anyone. I simply don't see this as the city's role."

Browaty was the sole councillor to vote against an information report on how the city is working to implement some of the 94 TRC calls to action.

I apologize if my comments offended anyone. I simply don't see this as the city's role.

The report says staff have already developed a half-day training session on residential schools, which would be led by elders and other cultural leaders, and begin in 2017 until every employee has participated.

Browaty's fellow councillors did not share his concerns.

"If you vote against this report, you are voting against Truth and Reconciliation," said Coun. Matt Allard.

Bowman said Browaty's comments demonstrates the need for greater education on the topic.

There is a cost to inaction, he said, adding the commission's calls to action are just that, and are not an option.

"Whether you look at policing, health-care costs and other support organizations, many of which are, I believe, the results of the legacy that we have as a country to deal with in terms of residential schools," Bowman told reporters outside council chambers.

Bowman said he has heard Browaty voice these concerns before behind closed doors, but was surprised to hear him oppose the report on Wednesday.

He told reporters he will now review how Browaty's comments impact his role as chair of the Winnipeg Police Board — a committee that deals heavily with issues in the city's indigenous community.

INSIDE
Winnipeg police
overhaul mental
health training



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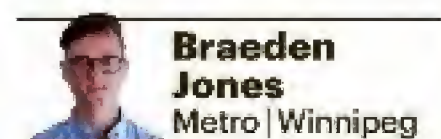
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Police overhaul crisis training

MENTAL HEALTH

Officers to learn de-escalation and empathy strategies



Braeden Jones
Metro | Winnipeg

After letting two police officers into her home, a visibly distressed woman partially hides a blood-stained bandage on her wrist and tells the police she really doesn't want to talk about it.

Consoling, one officer tells the woman she's "really concerned" about the wound.

Without euphemism, the officer asks the woman if she is doing it because she plans to kill herself.

She replies she doesn't want to do anything like that, and the officers continue a line of questioning in a soft, reassuring tone with careful word choice to learn what the woman is going through.

"I want to help," they tell her. "Something happened," she responds.

After several minutes, the officers learn through gentle conversation that cutting is a coping mechanism the woman has relied on for years in times of crisis, the most recent crisis being an apparent sexual assault. Officers offer her sincere sympathy, and a range of ongoing follow-up supports.

"Ceasefire," said a moderator, ending the role-playing training exercise at Winnipeg Police



Const. Michel Rochon takes his turn at responding to a woman-in-crisis scenario during new mental health training WPS officers will undergo. BRAEDEN JONES/METRO

“It's good to practise, it's good to renew skills, it's good to have someone critique your performance and have those reminders. Deputy Chief Gord Perrier

headquarters on Wednesday.

The live-action scenario is one of six officers will go through biennially as part of the Winnipeg Police Service's (WPS) new

in-service mental health and crisis response training.

Deputy Chief Gord Perrier said the new training, offered by third-party contractors Pro-

Training, will help officers better serve Winnipeggers, "particularly vulnerable people and those people that are in crisis."

He explained that the service had similar mandatory training in the past, but WPS leadership agreed it could be enhanced.

Whereas it used to be a "pure academic program" every three years, the ProTraining model increases the frequency to every two years and — in addition to

providing research-backed online and classroom lessons — adds the role-play component with thorough re-cap and feedback from supervisors.

Yasmeen Krameddine, ProTraining's director of research development, said the goal is teaching officers "de-escalation communication and empathy strategies."

In many cases, Krameddine said de-escalation "would also

mean non-escalation," and careful avoidance of trigger words that could make things worse for the distressed party.

Perrier said calls like the scenario played out for media Wednesday with an "overlay of mental health... self-harm or substance-abuse" are fairly common, and "number in the thousands."

"It's good to practise, it's good to renew skills, it's good to have someone critique your performance and have those reminders," Perrier said.

"That's really what our shift and our change (with ProTraining) is all about."

Chris Summerville, Executive Director of the Manitoba Schizophrenia Society, said the WPS should be "congratulated and complimented" for the new training strategy.

"Family members of those living with mental illness want to be assured that police officers, when they come into a critical incident that's involving a mental health concern... That the police officer knows how to deal with the situation," he said.

A scientific study of the ProTraining model conducted over five years at the University of Alberta found it can lead to a 41 per cent decrease in physical use-of-force, 26 per cent decrease in weapon force, 41 per cent increase in mental health awareness and 23 per cent jump in officer confidence.

Perrier said the cost is roughly \$20 per officer each year, and all of the service's 1,500 officers will participate in the training over the next two years as the training forms part of the police service's regular in-service training.

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POLITICS

Three things from city council



Stephanie Taylor
Metro | Winnipeg

1: Secret meetings

Winnipeg councillors can now meet behind closed doors — but only to review the performance of the city's auditor.

During Tuesday's council meeting — the final one of 2016 — councillors voted 13-3 in favour of holding private meetings to evaluate city hall's senior bureaucrats.

2: A \$9.5 million deal with CN Rail

Later in the day, Russ Wyatt tried to pitch council on taking a second look at a \$9.5-million agreement with CN Rail over the construction of a new underpass on Waverley Street.

A report by Brad Neirinck, public works engineering manager, says the railway would pay \$9.5 million for its portion of the project. But it also mentions the existence of an agreement dating back to the 1930s that specified CN Rail would build a bridge and two sidewalks.

He says the negotiated settlement reflects this agreement. However, Wyatt wanted the mayor's inner circle to take a closer look in order to make sure the city was not getting ripped off.

Council ultimately voted to accept the \$9.5-million deal.

3: City workers to pick up waste

Councillors also voted to bring the collection of bulky waste in-house.

City staff will come back with a report before next February, costing out what the price difference would be to have the city perform this service compared to the private sector.

Forthcoming funds signals progress for active transport

TRANSIT

\$1.1M devoted to keeping locals out of their cars



Braeden Jones
Metro | Winnipeg

Although some of Winnipeg's many, many critics lament how the city is stuck in its deeply engrained, car-culture ways, there's progress afoot.

Over the next few years, the city is looking to set aside about \$15 million for new active trans-

portation (AT), infrastructure and other related projects, one of which happens to be \$1.1 million worth of "public education, awareness and promotion."

In previous years, those three boxes were ticked predominantly by partnerships with the Green Action Centre, Rivers West and Bike Week — all of which promote active living and cycling awareness. The \$1.1 million to be spent over the next three years on those same objectives will continue to support those partnerships, but also introduce new initiatives.

"We're expanding (our outreach)," said Stephanie White, the city's AT co-ordinator. "As we



We're expanding (our outreach). As we expand our facilities, we need to expand that too.

Stephanie White, the city's AT co-ordinator

expand our facilities, we need to expand that too."

She explained that with projects like the Garry Street bidirectional bike corridor slated to be constructed by 2018, one of the city's main priorities is enhanced education. "That will represent a new kind of facility for Winnipeg: bidirectional on a one-way street, with bike boxes, signals specifically for cyclists," she said. "We want to make sure the public knows how to use it."

White said the city will work with a consultant to ensure their communications strategy matches best practices, but she expects one outcome will be "improving two way communications."

"While we do a lot of public engagement, the dialogue doesn't stop once we construct something," she said. While most of the AT education initiatives on her wishlist are "high level" at the moment, one tangible

item White is looking forward to — and cyclists have called for — is improved wayfinding.

"As we expand our network we're going to roll-out a new wayfinding program. This comes from strategies as well as feedback we've heard from our AT advisory committee and the public," she said. The city does have a system of wayfinding signage, but both it and its cycling maps will have to change to add new routes and key destinations.

With both the wayfinding and education efforts, White said the goal is "to get more people using (AT) facilities" and help them "think twice about getting in their car."

EDUCATION

EXPANSION OF HOCKEY ACADEMY IS YIELDING GOOD RESULTS IN THE CLASSROOM

A young hockey player takes a break during a practice at the Southdale Community Centre on Wednesday. The Winnipeg School Division is expanding its new Churchill High School Hockey Academy to multiple grades at the start of the next school year in September. Vice-principal Dominic Zagari said there have been positive outcomes noted for Grade 7 students currently enrolled, not only in relation to hockey skills but also "in the classroom," noting the students burn off some energy and, happy and appreciative to be a part of the program, put extra hard work into their studies. **BRAEDEN JONES/METRO**



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One Winnipeg councillor says the Ventura condo design, left, does not fit with the neighbourhood, right. CONTRIBUTED/VENTURA; LYLE STAFFORD/FOR METRO

Controversial condos approved

INFILL

Development overcomes neighbourhood resistance



Stephanie Taylor
Metro | Winnipeg

It's either a step upward or a bad fit for a historic Winnipeg neighbourhood, depending on who you ask.

Whatever the case, the approval of a controversial

Crescentwood condo development has given rise to another debate in Winnipeg: whether the city actually supports urban density.

On Wednesday, councillors approved a four-storey, 12-unit condo building to go up in a vacant lot on the corner of Harrow Street and McMillan Avenue, overturning the mayor's inner circle decision.

Councillors Jenny Gerbasi, Cindy Gilroy, Brian Mayes, Mike Pagtakhan and John Orlikow were the naysayers in the 11-5 vote.

Orlikow, the area councillor, has said repeatedly the



The city's now moving in an upward direction and a good precedent has now been set.

Tim Comack

project, which belongs to Ventura Land Company, does not fit with the character of the neighbourhood, despite city planners giving it the OK.

"I have to say that 11 councillors can be referred to as heroes of infill," Tim Comack, vice-president of Ventura, said after the vote.

"The city's now moving in an upward direction and a good precedent has now been set."

Orlikow said he was unhappy with Wednesday's decision, and admits much of the recent tension over the project could have been avoided had Ventura approached him before the application was filed.

"I was quite disappointed when that application dropped down where the planning department and the developer did not discuss any of that with me, they seemed to dis-

cuss it quite a bit amongst themselves," he told reporters afterwards.

The city centre community committee initially rejected the project, as did the mayor's inner circle by a narrow vote of 4-3.

Comack has argued throughout the process that if councillors believe in infill development, they need to support his project.

Mayor Brian Bowman, Orlikow and others have criticized Comack for lobbying councillors in order to get the development approved.

"Everyone has their right

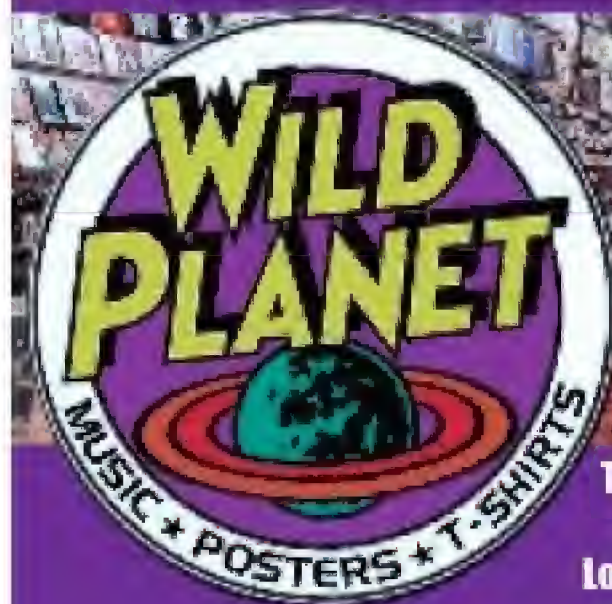
to do what they need to do to get the job done," Comack said after Wednesday's vote.

Comack said it was only a "vocal minority" in the area who opposed the project, and Orlikow more or less agreed, saying an angry majority wanted to see it happen.

The debate surrounding the development has prompted councillors Janice Lukes and Scott Gillingham to call for the city to adopt stronger guidelines for infill development.

Orlikow said he also believes the city needs better infill policies and work on that policy would begin in 2017.

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Chief's resignation a 'big loss' for New Democrats: analyst

POLITICS

Former minister quits to spend time with sons

A former cabinet minister and arguably the most popular member of the Manitoba New Democratic Party caucus is quitting politics to spend more time with his family.

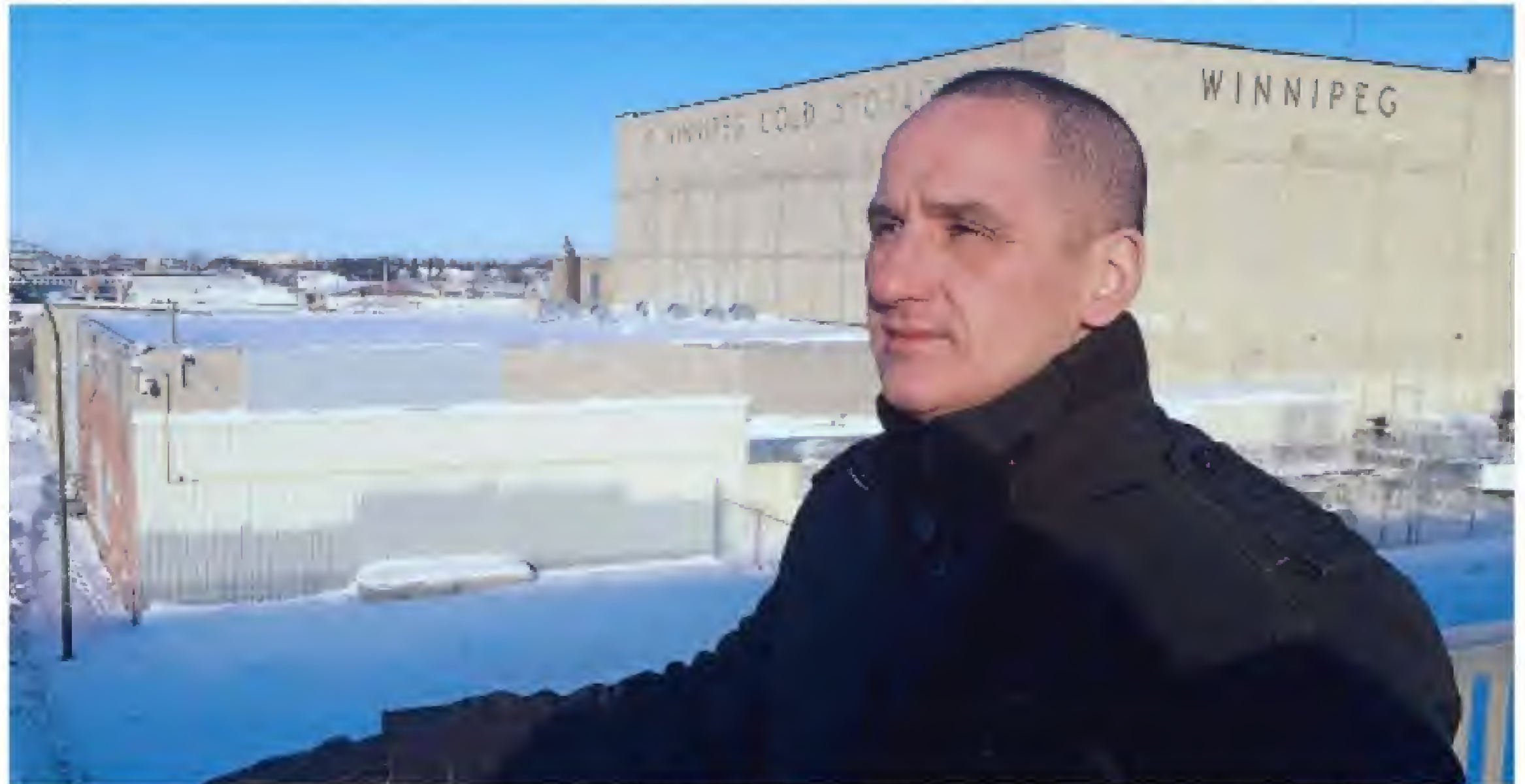
Kevin Chief said Wednesday his decision is not related to the challenges his party is facing, and has been prompted by the birth of his third child last spring. All three boys are under seven.

"The job of a (legislature member) is quite demanding. There's a lot of evenings and weekends, and I've made the decision to be there more for my children, to be able to share some of those experiences and first moments with my young boys," Chief told The Canadian Press.

Chief, 42, was born and raised in poverty in Winnipeg's Point Douglas neighbourhood. His father was an indigenous trapper who had moved to the city.

Chief got a scholarship to the University of Winnipeg and was a star basketball player. He later helped develop programs to allow inner-city elementary school kids to take classes on campus and to attend summer day camps elsewhere in the community.

After an unsuccessful run in a 2010 federal byelection, he won a seat in the Manitoba legislature the following year and was soon elevated to cabinet. Over the next five



Kevin Chief, a former cabinet minister and popular New Democrat, in his Point Douglas constituency on Wednesday. Chief said Wednesday he is leaving politics.

THE CANADIAN PRESS

years, he held a variety of portfolios including minister of children and youth opportunities.

A skilled organizer, he was able to get hundreds of people together on short notice for fundraisers or community events. He developed a reputation for maintaining strong ties to his constituents. When the NDP was defeated in the provincial election in April, he easily kept his Point Douglas seat and

won the highest percentage of votes among NDP candidates.

The vacancy means a by-



This decision is 100 per cent based on my family.

Kevin Chief

election in the downtown constituency must be held within six months.

One political analyst said his departure, which takes ef-

fect at the end of the month, is a serious blow for the 13 remaining New Democrats.

"It's a big, big loss for the

NDP ... because he gave the party some credibility, and he was a very prominent figure in the general community, but particularly in

the aboriginal community," said Paul Thomas, professor emeritus of political studies at the University of Manitoba.

"His credibility and appeal crossed party lines, I think, and the NDP needs somebody like that."

Chief was pressured by some party members to run for leader following an internal caucus revolt in 2014. He declined and kept a low profile in the battle, but ended up backing then-premier

Greg Selinger along with 34 delegates from Point Douglas.

Chief said he is not at liberty to say what lies ahead for him, other than spending the holidays with his family. Any future job will be focused on his neighbourhood, he said.

"I'm exploring those opportunities that will allow me to keep giving back to an incredible neighbourhood that has given me so much and my family so much."

THE CANADIAN PRESS

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The University of Manitoba is looking for 100 patients with Alzheimer's disease to volunteer to take part in a new experimental treatment. CREATIVE COMMONS/WIKIMEDIA

100 Alzheimer's patients needed

RESEARCH

Clinical trial will test way to slow disease in early stages

A team of researchers from the University of Manitoba is testing an experimental treatment for Alzheimer's disease.

The clinical trial is being led by Dr. Zahara Moussavi and will test the effects of magnetic fields on the brains of early stage dementia patients.

The Weston Brain Institute has announced \$1.7 million for Moussavi's research.

The clinical trial will be run out of the Riverview Health Centre in Winnipeg, where Moussavi has her lab, as well as sites in Montreal and Australia.

The team is looking for 100 patients to volunteer to take part, and research is

expected to take four years to complete.

Moussavi hopes a process called repetitive transcranial magnetic stimulation, which is usually used to treat depression, could slow down the effects of Alzheimer's disease.

“Alzheimer's disease is a thief.”
Dr. Zahara Moussavi

“There are some hopes that we may improve the condition of a patient if they are at the early stages,” she said. “Or the least, we can slow down the progression and avoid further decline.”

The procedure involves passing a current through a patient's brain using a coil that is placed on the forehead.

“As the currents run through the brain itself, it causes the neurons to fire and

by firing these neurons in a certain pattern we believe that we can train them to be more excitable over time.” said Grant Rutherford, a PhD student working on the study.

Moussavi said thousands of people, including herself, are affected by the disease. Her mother has it.

“Alzheimer's disease is a thief,” Moussavi said Tuesday. “It comes and it steals away the most precious memories that people identify themselves with.”

Wendy Schettler, CEO of Alzheimer's Society of Manitoba, thinks this is exciting research to have happen in Winnipeg.

She said many people will be interested in the chance to take part in a study of this nature.

“Often times when you are given a diagnosis of something you feel helpless and you wonder, ‘is there anything I can do if not to help myself, to help others?’”

THE CANADIAN PRESS



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Lottery to replace visa system

REUNIFICATION

Spots allotted by random lottery after red flags raised

Coveted spots for the parent and grandparent visa program will be awarded by lottery in 2017 after the federal Liberals have scrapped the old first-come, first-serve system that had raised concerns over people paying to be at the front of that line.

Applications for the over-subscribed program had been accepted only via courier or mail at a single immigration office, and since they were processed in the order received, couriers had been doing brisk business promising to be at the front of the line, in exchange for fees that could be as high as \$400.

But that system has now been replaced by a random draw, the federal immigration minister announced Wednesday.

"We're ensuring everyone can access the application process by giving them the same chance to have their name chosen," Immigration Minister John McCallum said in a statement.



Immigration, Refugees and Citizenship Minister John McCallum speaks during question period in the House of Commons on Oct. 31. McCallum said Wednesday that coveted spots for the parent and grandparent visa program will be awarded by lottery starting in 2017, scrapping the old first-come, first-serve system. THE CANADIAN PRESS FILE

Beginning Jan. 3, Canadians will have 30 days to fill out an online form indicating their desire to sponsor a parent or grandparent. Immigration officials will then randomly draw 10,000 individuals who will then be given 90 days to submit the application.

The change comes after The Canadian Press reported that

the previous first-come, first-serve process was seeing couriers charge more than \$400 to guarantee applications would be at the top of the pile.

That raised concerns that the visas were going to those who could afford to pay the high fees or camp out for hours at the immigration office.

High demand came in part

from the fact the previous Conservative government closed the program entirely between 2011 and 2014 to bring down a massive backlog. It re-opened in 2014 with an annual cap of 5,000 applications. Last year, 14,000 applications were received and the Liberals later raised the cap on the number of applications they would accept to 10,000.



A lot of people had been preparing for this, throughout the year. A lot of people had been rejected in the past and were looking forward to this year.

Chris Colaco

Couriers had already started taking reservations to deliver 2017 applications, with fees ranging from \$60 to \$200, depending on whether someone wanted to guarantee their application was delivered first.

One company, Metro Mississauga, said it had about 150 reservations already and was now in the process of refunding all fees.

Company owner Chris Colaco said while he understood why the government was making the change, he wondered why it couldn't have been announced earlier. His business doesn't depend on delivering the applications, but Canadians do depend on the program, he said.

THE CANADIAN PRESS

MYDEMOCRACY.CA

Privacy watchdog probing survey

The federal privacy watchdog has opened a formal investigation into the Trudeau government's much-maligned online survey on electoral reform, which asks participants to disclose detailed personal information.

But privacy commissioner Daniel Therrien is not waiting to conclude the investigation before taking action to protect Canadians' privacy.

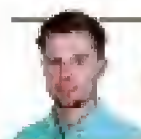
Therrien has provided preliminary recommendations to the government aimed at better protecting the privacy of people who participate in the MyDemocracy.ca survey, spokeswoman, Valerie Lawton said Wednesday.

Lawton confirmed that Therrien's office will investigate a complaint about the survey and hopes to have the issue resolved as quickly as possible.

A spokesman for Democratic Institutions Minister Maryam Monsef said the government "takes protecting Canadians' personal privacy very seriously" and will review Therrien's recommendations. THE CANADIAN PRESS

ROADS

Indigenous street names won't be 'white washed:' Edmonton official



Jeremy Simes
Metro | Edmonton

An Edmonton city planner says officials won't "white wash" pro-

posed indigenous street names, even if some residents have a hard time pronouncing them.

Cory Sousa, a principal planner in sustainable development who manages naming roads, said Tuesday the city's naming

committee largely doesn't let pronunciation issues alter approvals for new street names.

"Something hard to pronounce or spell is personal perception," Sousa said.

"We're not going to cater to

one group or be colonial. We have to reach out to indigenous people who haven't been represented and honour them. We're not going to white wash it."

Sousa's assertions come a day after Coun. Bryan Anderson re-

quested naming officials re-think the way they name new streets or neighbourhoods, after people complained to him they couldn't say or spell Maskêkosiik (Muss-Kay-Go-See) Trail.

Maskêkosiik translates to

"land of the medicines" or "people of the medicines."

Anderson suggested officials choose easier-to-pronounce Cree words or create Anglicized versions for street names that honour indigenous heritage.

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Aleppo ceasefire unravels

SYRIA

People 'duped' by renewed fighting

A ceasefire to evacuate rebel fighters and civilians from the remaining opposition-held neighbourhoods of Aleppo unraveled on Wednesday, once again raising the spectre of a bloody end to the battle for Syria's largest city as residents reported the resumption of shelling and brutal bombing runs.

Opponents of President Bashar Assad accused the government and its allies of scuttling the deal by adding new conditions, including the lifting of a rebel siege on two pro-government Shiite villages in nearby Idlib province.

However, hours after it crumbled, the rebels said the deal was back on. There was no comment from the government or its allies, and minutes after the new ceasefire was to take effect, there were still reports of shelling in the few blocks of the city under rebel control.

Three rebel spokesmen said the first group of wounded people and civilians were to be escorted out of the city early Thursday morning. Rebels would follow,



Smoke is seen billowing in the background on Wednesday in a rebel-held neighbourhood of Aleppo. AP/GETTY IMAGES

they said, adding that the conditions had not changed and that they had even agreed with the Russians on the exact number of buses and convoys to be deployed in the rescue.

The Syrian military media denied an agreement had been reached and said in a statement that the negotiations were "complicated."

The evacuation was to have

begun at dawn Wednesday, but quickly derailed, descending into terrifying violence. Residents said government buses arrived in the pre-dawn hours at agreed upon meeting points, where the wounded were first in line to be evacuated after surviving weeks of intense fighting amid destroyed medical facilities and depleted supplies.

But they were turned away by

pro-government militias manning the checkpoints. Then violence erupted: shelling and then airstrikes. The rebels retaliated, at one point shelling the pro-government villages of Foua and Kfraya in Idlib and detonating a car bomb in a frontline area.

"They began to strike as if there's no such thing as a ceasefire or civilian evacuation," said Mahmoud Raslan, a local media

activist.

Mohammed Abu Jaafar, head of forensics in eastern Aleppo, said residents felt "duped."

"People have left their shelters ... to be ready for the evacuation," Abu Jaafar said. "They started to target the areas where people have gathered. ... These people were walking to the crossings designated for exit."

THE ASSOCIATED PRESS



UNITED STATES

Newspaper won't stand by story

The Associated Press published a story, relying on information from the Knoxville News-Sentinel, about a man portraying Santa Claus who says a terminally ill boy died in his arms. The paper now says that it cannot verify the man's story and no longer stands by it.

The story was about Eric Schmitt-Matzen, who said he had promised to protect the identities of the child's family.

In a story posted online, editor Jack McElroy and columnist Sam Venable said Schmitt-Matzen's story "remains unverified." They wrote that they could not determine whether his account was accurate.

THE ASSOCIATED PRESS

TECHNOLOGY

Yahoo says hackers stole information from over 1 billion accounts

Yahoo says it believes hackers stole data from more than one billion user accounts in August 2013, in what is thought to be the largest data breach at an email provider.

THE ASSOCIATED PRESS



Anastasia Lin
TORSTAR NEWS SERVICE

Beauty queen reportedly muzzled at Miss World pageant

Canadian beauty queen Anastasia Lin is allowed to smile and look pretty at the Miss World pageant in Washington, but she's reportedly barred from opening her mouth and speaking her mind about

human rights abuses in China.

Pageant officials wouldn't connect Torstar with Lin on Wednesday. Lin was blocked from attending last year's Miss World pageant in China after her criticism of human rights

abuses against Falun Gong practitioners.

American news reports say that she's not allowed to speak with the media this time around.

And the hosts of a film in

which she stars say she has been blocked from attending its Washington premiere tonight. The film sharply criticizes Chinese human rights practices and is being presented by the Victims of Communism Memorial Foundation.

Lin, a Chinese-born actress, has posted on social media about human rights conditions in China, especially regarding the Falun Gong.

TORSTAR NEWS SERVICE

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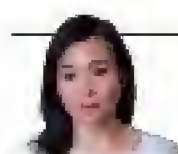
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REFLECTION

Ending hate is on all of us

On Wednesday morning, Metro staffer Irene Kuan was the target of a racist remark hurled by a fellow transit rider. She has spent her whole life living and working in Toronto, and this was a first.



Irene Kuan
Metro | Toronto

"Go back to Hong Kong," a raspy voice of a man shouted at me, as I was about to exit the subway Wednesday morning.

It was so out of nowhere that the words didn't even register with me until about five minutes later, when I was outside Union Station in downtown Toronto.

The first thing I actually thought about upon stepping out into the elements was the extreme cold weather alert that had been issued for the city that morning. But then it dawned on me: I'd been the target of a random verbal racist attack.

Working as I do in the news industry, I've been aware of the recent surge in public acts of racism, both in this country and in the United States — pro-"white people" posters on lightposts, spray-painted swastikas, verbal assaults of hijab-wearing women. But, as a Canadian-born Chinese journalist, I'd never really thought about it happening to me.

And then it did. A random person told me to go back to a place I'm not even from. And, at some point in the aftermath, it occurred to me that, no, this actually had happened to me before.

This past summer I was driving down an empty dirt road with my boyfriend in a ghost town called Vroomanton, northwest of Sunderland, Ont., when we suddenly saw a random flash of a middle finger from a Caucasian couple speeding by us on a motorcycle. Then, too, I had a delayed reaction. I realize now that in the moment I was more concerned about being presumptuous, about the possibility of taking offence to a gesture that, perhaps, was not as it had seemed. Others have since told me they'd be outraged if had been in my shoes.

Now, hours after the latest



Irene Kuan, Metro's managing editor, digital, stands on a Toronto subway platform.

LANCE MCMILLAN/FOR METRO

incident, when I think back to the words that man said to me, I really don't know how to react. I'm not angry or upset, just surprised that it happened. Because it's 2016.

Both times, I found myself asking why I had been targeted. I was just going about my own business. I didn't do anything to provoke anybody. Why had the mere sight of me incited in perfect strangers so much spontaneous hate that they felt compelled to act out so randomly and viciously?

I know there's no logical answer; it's a senseless act. What, beyond acknowledging that an awful thing has happened, can I really say or do?

These experiences have led me think of the story of Stephanie Kim, a Toronto woman who was subjected to racial slurs standing in line at a TD bank back in November of this year. In recalling the event to the Toronto Star, Kim said that not even

the bank staff, let alone her fellow patrons, came to her defence as a man standing behind her in line called her a "chink." (By the way, Kim is Korean, not Chinese.)

Kim said that, more than the insults themselves, the staff's passive attitude when she complained about the man is what made her feel like a second-class citizen.

It's easy to see that the proliferation of these incidents is the natural by-product of the current political climate, in which some have

"Why had the mere sight of me incited so much spontaneous hate?"

been led to believe that phrases like "Make America Great Again" and "Canadian Values" are open invitations to promote, and directly express, bigotry and racism.

It's disappointing enough that there are people out there who, having apparently confused their resentment-fuelled desire to spew hate speech with their constitutional right to free speech, act out like this in public.

But even worse is that, collectively, we seem not yet to have realized how dangerous it is to stand by and accept hateful vitriol directed at others. In this way, our society normalizes hatred and resentment. And that's not any one individual's problem.

Neither the victim nor the perpetrator of racist violence, verbal or otherwise, should be expected to assume full responsibility for what all of us should be calling by its true name — hate — and fighting against whenever, wherever and however it appears.

VICKY MOCHAMA

Look out, Silicon Valley, Canada Post wants in on the action

A House of Commons committee on Tuesday made recommendations for the future of Canada Post. There are dozens, some of which are things one hopes they're currently doing such as number 38: "Canada Post focus on its core competencies to help Canada meet the challenges of the 21st century."

However, the idea that caught my eye is a suggestion that the company create a "free digital infrastructure," which might mean "providing the basis for a Canadian social network." The committee's actual recommendations don't get into what that looks like or means but I think it's worth exploring.

Canada Post is, for example, ideally suited to run a Canadian version of Tinder. Using a combination of their near-pristine location data, Facebook profiles and types of mail received, Canadians might start hooking up courtesy of the nation's mail delivery service. Imagine the stories. "Kids, I met your grandfather when he swiped right on my profile because he saw that I was a skier who regularly sent express mail."

The marriage rate has been in decline for a while. With a Canada Post dating service (PostDates? Mail and Tail? Just thinking aloud here), we could turn things around for the nation's beleaguered single people.

That may not work for people who are already married unless Canada Post is

willing to compete with Ashley Madison.

For Canadians who are already coupled up, Canada Post could run a Snapchat-like service for couples worried whether their Christmas presents will arrive in time. Rather than a tracking number that says that your package has been in Mississauga for far too long, couples can get filtered pictures of their packages as they travel the country. Nothing adds a frisson to marriage like watching a box with a flower crown make its way to your mother-in-law. The excitement is hard to contain.

According to a 2011 piece by the Toronto Star, more than 18,000 wallets end up in Canada Post's Undeliverable Mail Offices. The company tries to reunite them with their owners. Other items, however, are sold off or destroyed after seven months. What if they ran a ChatRoulette-style services for those pieces? Just log in, press a button and you can get seven-months-late invoice from a dentist's office in Lethbridge. Or you could get a hand-stitched quilt from someone's grandmother. Sounds like a lottery with only winners to me.

As the business of mail continues to shift dramatically, it's worth putting every idea on the table. For some, physical mail is a relic of the past but for others, it is still an essential need. A Canada Post with a strong and smart digital presence could marry both worlds.

Metro ain't having it

Have you recently seen, heard or been the target of racist outbursts in your community? If so, how did you address it? How do you wish you addressed it? Tell us all about it. Tweet using the hashtag #ainthavingit or email us: readers@metronews.ca

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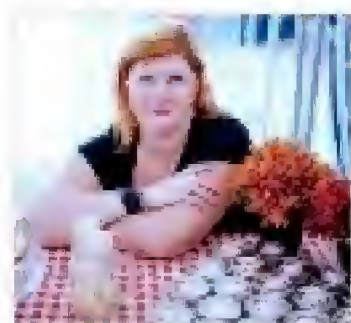
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Manitoba's 100 most fascinating people

I hope you enjoy the 2016 list of fascinating Manitobans. I love putting this together. It takes hours and hours, but it's amazing to see how many incredible people there are to choose from. All the best and thank you to the names below for being you and calling Manitoba home. — Ace Burpee



Ace Burpee CONTRIBUTED



100. Heather Daymond: She started Shut Your Pie Hole (delicious pies in a jar) just two years ago with a \$4,000 income tax return. 2016 saw her hanging with the A-listers at the Emmys, and now literally 1000's of pies are being ordered every week. Another awesome Manitoba success story, with many chapters still to be written.

99. Kael McKenzie: Kael was named a judge for the Province of Manitoba, and his appointment to the bench was a first for us. He is the first transgender judge in our history. Congratulations, Judge McKenzie.



98. Eric Olek: From selling his Friday Knights brand T-shirts out of the truck of his car for five years, Eric's hustle is paying off. Friday Knights can now be found in 30 Below the Belt stores in Canada, and they have their own shop on Graham Avenue. Fantastic stuff.

97. Amanda Kinden: I remember I was hosting an event years ago, I want to say it for the Green Action Centre, and they served these cookies. They were pretty much the best cookies I've ever had, and I was told they were also vegan. The genius who made them was Amanda Kinden, who now blows minds on the daily at Oh Doughnuts. They're as awesome as everyone says they are. Oh Doughnuts is at 326 Broadway.

96. John Kendle: A long-time music journalist and just an all-around great dude, there's no chance John would have known what was coming when he rolled up to the what will likely be The Tragically Hip's final Winnipeg show this past September at MTS Centre. "John Kendle, he got us our first gig. We came here, we got fired," Downie told the packed crowd. "We were looking at six nights of gigs gone." Downie said that the local writer wrote a letter to the paper the next day saying he liked the gig. "So all these people in Winnipeg rallied together and

+ 92. PATTI KUSTUROK

Patti Kusturok has been making feet stomp and toes tap across Canada for decades, and this year the Manitoban's otherworldly skills with the fiddle earned her a spot with the greats in the North American Fiddlers' Hall of Fame.

"It could not happen to a better person, she's a woman that exudes the Canadian fiddling genre in its many forms," says Graham Sheppard, president of the Canadian Grand Masters Fiddling Association, who's known Kusturok for 10 years and has even taken lessons from her. "She's an unbelievably versatile master Canadian fiddler and this puts her in the ranks of recognition the same as Don Messer, Andy DeJarlis, Graham Townsend, Bob Wills from the US, Howdy Forrester from the US, and Kenny Baker, just to name a few."

Kusturok started playing the fiddle at the age of four, and it didn't take long for her to start making a name for herself as one of the best fiddle players on the continent.

The recording artist and instructor became the Canadian Junior Champion in 1985; she's a three-time champion at the famous Pembroke, ON competition, a six-time Manitoba Champion, a three-time Grand North American Champion, and in 1994 she became the first woman and the first Western Canadian to win the Canadian Grand Masters Fiddling Championship—a feat she repeated in 1995 and again in 1996 for good measure.



RICHARD RAY PHOTOGRAPHY

As well as her uniquely smooth style, Sheppard says Kusturok's ability to play all forms of fiddle music sets her apart from other players. "Be it the Québécois form, the Cape Breton style, the Métis style, as well as the Don Messer Ottawa Old Valley style, and the Western style of Western Canada, she does it all," he says. "She truly is one of the greats."

hired us for the next six nights," Downie said. "It kept us going or we were heading back to Kingston and, you know, becoming the accountants that we always dreamed to be. So thank you very much sir." Just an awesome moment.



95. Susan Thompson: A pretty epic year for the former 40th Mayor of Winnipeg. The first female Mayor in our history was invested into the Order of Manitoba, released a book (I read it, it's very good), and the Administration Building at city hall was renamed in her honour.

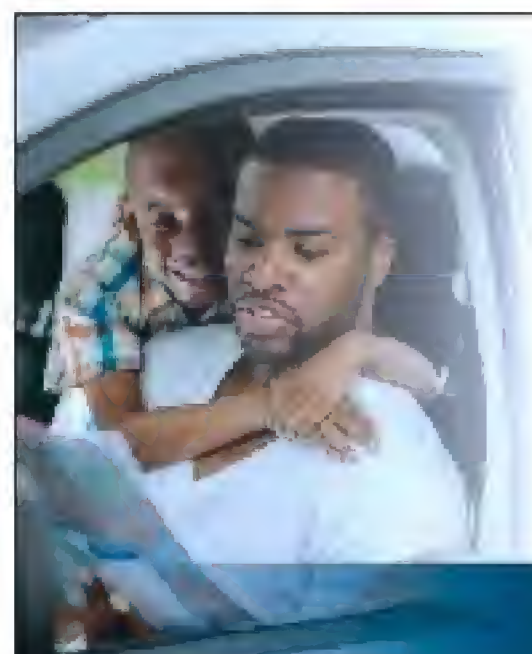
94. Jaimie Isaac: She's the Winnipeg Art Gallery's Aboriginal Curatorial Resident, and much like the WAG in general, she's crushing it. Check out Boarder X & Vernon Ah Kee on right now to see her latest vision come to life. It's awesome.

93. Chantal van Landeghem: She's the reigning Pan Am Games 100m freestyle champion and record holder. This past summer, the former Vincent Massey Collegiate student was a huge part of ending a decades-old drought for Canada in swimming. Van Landeghem won bronze for our country in the women's 4 x 100m freestyle relay, the first medal in that event in 40 years.



92. Patti Kusturok: One of the most decorated fiddlers our province has ever produced. She's won everything from multiple Canadian Junior to North American fiddle championships, and this year was inducted into North American Fiddlers Hall of Fame. She's mega smooth and can rip.

91. Marcy Markusa: She's the host of the popular CBC radio morning show, and a Women of Distinction recipient. She's cool, funny, and willing to lend her voice to many in the community who could use a champion. Pure class and very talented.



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90. Ruth Ann Marie: Known around the world for her pioneering discoveries of the impact of coexisting health conditions in people with multiple sclerosis. This year, Dr. Marie was named one of the 100 most powerful women in Canada.



89. Victoria Tachinski: A ridiculous year for Victoria. In June she ran a 2:03:58 in the 800m at a track meet in Nashville. That's faster than any Canadian youth in history. She now holds multiple indoor and outdoor Canadian youth records, has represented Canada internationally at the Under 20 Worlds, and recently the 17-year-old from Vincent Massey Collegiate committed to Penn State University to continue her career. She will be heard from again.



88 - 82. Zach Vasas, Ryan Domino, Jerome Vitug, Deven San Miguel, Nick Kingsenamongkol, Raiden Ellis Leung and Robert Esposito: Mr. Esposito is the coach, and the rest of the names make up the team. That team being "Stack Overflow", students

+ 89. VICTORIA TACHINSKI

It's been quite a year for Winnipeg runner Victoria Tachinski.

The 17-year-old Vincent Massey Collegiate student set a Canadian youth record for the women's outdoor 800 metre at the Music City Distance Carnival in June with a time of 2:03:58. That finish bettered the previous record set by Winnipeg-born Carly Paracholski at 2:05:09 and shaved 3.3 seconds off her personal best to boot.

But that was only the beginning for Tachinski's big year. In November the teenager capped off a year that also saw her help Canada win bronze in the women's 4x400 metre relay at the 2016 IAAF World U20 Championships in Poland by announcing a commitment to continue her track career at Penn State University once she graduates high school.

"She's definitely a special athlete," says Andy Tough, who's been coaching Tachinski for the last 10 years. "She's got a natural ability, tenacity, and determination, and she's driven to hit personal bests."

"Winning takes care of its self when you stay in that process and she definitely knows how to do that." Tachinski also holds Canadian youth records in the 300, 400, and 600 metre indoor events, and Tough says that range makes her stand out, even among the elite athletes at Penn State, a NCAA Division 1 school that has seen 10-Big Ten Conference championships in track and field.

Tachinski plans on returning to Winnipeg during her time off from Penn State and will continue her training with Tough as she looks towards competing at the Pan American Junior Championships in Peru next July, the 2018 IAAF World Junior Championships in Finland, and maybe the Olympics in 2020.



TWITTER

in Sisler High Schools' Cyber Academy. Stack Overflow outperformed almost 4,000 other Canadian and US teams to be the only Canadian qualifier to compete in Baltimore at resolving cyber security vulnerabilities. The work being done at the Sisler Cyber Academy is literally world class. Amazing program.

81. Charles Bazilewich: He is the creator of the Sisler Network and Cyber Security Team, so is therefore directly responsible for the names above this post. He also received the Prime

Minister's Award for Teaching Excellence this past May, one of only 10 Canadian educators named.

80. Diane Redsky: She is the executive director of the Ma Mawi Wi Chi Itata Centre, and this year was one of six Canadian women honoured with the Governor General's Award in Commemoration of the Persons Case. The award commemorates five women who in 1929 fought to change the constitution to recognize women as persons.

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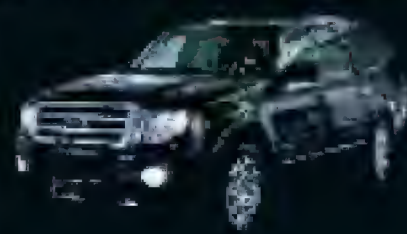


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79. Dr. Frank Plummer: One of the finest minds in the province, Plummer is the 2016 recipient of the Canada Gairdner Wightman Award, only one of which is handed out every year. The award is given to a Canadian who has demonstrated outstanding leadership in medicine and medical science. He received the award for "his groundbreaking research in Africa in understanding HIV transmission and his leadership role at the Canadian National Microbiology Lab working in a pivotal role with SARS, influenza, and Ebola epidemics."

78. Shane Dyck: In 2013, Dyck was given a 1 percent chance of ever walking again after a motorcycle crash left him 28 broken bones and the loss of 5 litres of blood. With a spine held together by four metal rods and 22 bolts, he not only walked again, but walked himself into the gym. Less than 3 years after the near paralyzing crash that left him in a coma for weeks, Shane Dyck competed in the Manitoba Amateur Bodybuilding provincials this past March. Incredible.



77. Perla Javate: She is the president of the Philippine Heritage Council of Manitoba, a teacher, the current Filipino community liaison officer for the Winnipeg School Division, and much more. She's a busy woman, and this year was honoured at RBC's Top 25 Canadian Immigrant Awards. Congratulations Perla.



76 - 74. Andrew Parkes, Alex Ethans, and Maciek Hunek: The first letter in their last names make up the e, p and h in EPH Apparel, and what they're doing is working. Providing custom tailored suits at fair prices, EPH Apparel saw a gap in the market and pounced. The U of M Asper School grads hold down a space on Garry Street downtown, and now employ around 30 people. Growth is up over 1,000 per cent over five years, good enough for top spot on Profit 500's 2016 list of fastest growing Winnipeg companies. I love the hustle.

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the individuals featured in Ace's 2016
"Top 100 Most Fascinating Manitobans"
doing great things and representing
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**ROBERTSON
COLLEGE**

+ 81. CHARLES BAZILEWICH

Winnipeg's Sisler High School has a reputation across North America for producing the next generation of anti-hackers with the skills to defend the online world.

That's after impressive finishes at major cyber-security competitions from the school's unique Sisler Network and Cyber Security Academy, a program started by computer sciences teacher Charles Bazilewich. The program emphasizes critical thinking and real-world problem solving and its students often land jobs in the field right out of high school.

Bazilewich's work earned him a 2015 Prime Minister's Award for Teaching Excellence, hardware he picked up from Justin Trudeau in May.

"He started the program and it's amazing because now we're seeing this school from Winnipeg matched up against thousands of other schools across the continent, schools that send their students to the Massachusetts Institute of Technology and Harvard," says Sisler principal George Heshka. "We're up against the cream of the crop, and we do well."

Every year a team of students from the academy take part in the American CyberPatriot cyber-security competition, and at this year's competition in Baltimore, a squad coached by Bazilewich's colleague Robert Esposito beat nearly 4,000 other Canadian and US teams to be the only Canadian qualifier.

Heshka says hundreds of students sign up for the Sisler Network and Cyber Security Academy every year, and that's not too surprising considering the praise the program's students have received.

"When the kids were dominant at a competition in Washington a few years ago, Colin Powell — the former U.S. Secretary of State — made the comment that the Sisler kids are different," recalls Heshka. "When asked what he meant, he said 'they tend to think outside of the box'."

"I think that's a reflection of the kind of instruction our students get and the way they get it."



73 - 71. Sandra, Peter, and Laura Biesheuvel: Five-year-old Laura just finished her year as the official Champion Child for the Children's Hospital of Manitoba. She's just the most adorable little girl, and to be in her presence makes life better. Laura was born suffering from an intracranial hemorrhage and an extra fold in the brain. Brain surgery and numerous transfusions followed, and she is now happy and healthy. As parents of a champion child, Sandra and Peter were gracious with their time in sharing their story for the benefit of all children now and in the future who will require the services of our amazing Children's Hospital.



70. Kierra Fogg: Kierra is the founder of Little Box of Rocks. They're essentially bouquets, but instead of flowers, you send rocks. It turns out people really love rocks. More specifically, meaningful crystals and personalized notes of thanks or inspiration. Barely a couple of years in, it's blowing up. Shout-outs online from the likes of Gwyneth Paltrow and Cameron Diaz don't happen for every new business, but when it does, it can mean big things. Keep it going Kierra. Love it.

69. Laura Unruh: Just 13 years old, Laura is already one of Manitoba's most accomplished Scottish Highland dancers ever. She repeated as the Canadian champion this year, won the USA Open Championships, the Commonwealth Championships, and is focused now on the ultimate goal: World Champion. As humble and dedicated as they come. All the best to you Laura.



68. Matthew Corrin: You know those amazing, healthy fast-food places called Freshii that have popped up all over Winnipeg? They are the brain-child of Winnipegger Matt Corrin, Freshii CEO. He started with one location called Lettuce Eatery, and now the new brand has more than 100 locations between North America, Europe, and Central and South America... with more expansion — potentially a lot more — on the way soon. A true success story.

Ace Burpee's Top 100 Most Fascinating Manitobans of 2016

Exclusively in today's Metro



metro SPECIAL REPORT: TOP 100

Thursday, December 15, 2016 **15**

67. Steven Onotera: You must check out his YouTube channel. This dude is awesome. He can be found at samuraiguitarist. He's a ridiculously gifted musician who was just recently named one of 15 creators to participate in YouTube NextUp Canada. He'll receive a grant from YouTube to purchase new equipment in addition to participating in a five-day creator camp at YouTube Space Toronto. Again, check him out.

66. Abel Dawit: A while back, a tweet from Winnipeg (courtesy of Loizza Aquino, who has been on this list) starting blowing up. The tweet was simply a dude singing acapella for about 30 seconds. Minds were blown. The voice belonged to Abel, a young Winnipegger with the most incredible voice and a massive future. His soundcloud stuff is here: soundcloud.com/abelra



65 & 64. Zoey & Zane Espayos: Dubbed the "Hamiota wonder twins" they survived a deadly genetic blood disorder that required blood transfusions in the womb and for the first year of their lives. After one year, an International donor database found a match for the twins in California. Judiel Ennis was the match, and after the required one year of mandated anonymity, she reached out to the family from Los Angeles. Ennis' employer offered to fly the entire family Espayos family down from Manitoba, where the twins and their family were able to meet the woman who face to face who saved their life. Zoey and Zane are now three years old and doing well. Amazing story.

63. Daniel Gurevich: He wears a few different hats, but he's on the list this year for making Winnipeg's Le Burger Week pretty much the greatest week of the year. Daniel got 59 different restaurants on board this year, and burger week was nothing short of epic. Shout out to the restaurants for crushing it.

61 & 60. Andrea and Paul Tetrault: You've all seen their creativity at one point or another in Winnipeg from various billboards or other campaigns. The pair run Tetra Design, and their stuff is amazing. This year, Canada Post unveiled a commemorative stamp on International Women's Day to honour the 100-year anniversary of women's suffrage. Andrea and Paul were chosen to design the stamp, and they nailed it.



62. Skylar Park: She earned her black belt in taekwondo at age 7. Fast forward 10 years, and the Winnipeg teen is now a world champion. She claimed the title at the World Taekwondo Junior Championships this year in Burnaby, was also named female MVP of the entire tournament, and has her sights set on the 2020 Olympic games.



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"Top 100 Most
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**The
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16 Thursday, December 15, 2016

metro SPECIAL REPORT: TOP 100

59. Danielle Sicotte: Sicotte, 22, founded the University of Winnipeg chapter of Jack.org, a national network of young people working to end the stigma of mental illness. In October, she was one of 19 Canadians invited to speak on that same subject with William and Kate, the Duke and Duchess of Cambridge.



58. Amber Balcaen: Amber, 24, made history this year as the first Canadian woman ever to win a NASCAR-sanctioned race. She's a great person and her family is super cool and supportive, and she'll continue to chase her race dreams in North Carolina.



57. Kieran Lafrance: He started his football career as a Sturgeon Heights Collegiate Husky, then he was a Manitoba Bison, now he's a Grey Cup champion. Lafrance was a key part of the Ottawa Redblacks offence that knocked off the massively favoured Calgary Stampeders in Grey Cup 104. He's also a great dude with an incredible work ethic. He deserves it. Congrats pal.

56. Kyle Monkman: This. Dude. Is. Smart. He won the University of Manitoba's open mathematics competition, has a 4.33 GPA in electrical engineering, scored near the top of national math competitions the past two years and people are noticing. Kyle is the 2016 recipient of the Manitoba Aboriginal Youth Achievement Award in Senior Academics. Yeah, no kidding. A bright young man. For good measure, he also plays guitar in the U of M Jazz Band.

55. Bernadette Smith: A strong, passionate voice both in our province and nationally for pursuing justice for Canada's murdered and missing indigenous women. Since her sister Claudette went missing in 2008, Bernadette has remained one of the leading voices in the country on the subject. She is a 2016 recipient of The Order of Manitoba, and a beautiful soul.

+ 77. PERLA JAVATE

She very well might be the busiest woman in Winnipeg, and this year Perla Javate was honoured at RBC's Top 25 Canadian Immigrant Awards for everything she does in the city.

Javate has lived in Canada for the last 40 years, and since moving to Winnipeg in the late 1970s she's been more than an active member of the community—she's an educator, president the Philippine Heritage Council of Manitoba, a volunteer with countless groups and organizations, and has spent years tirelessly working as the community liaison for the Winnipeg School Division.

"She does everything — that's the only way I can put it — she's just an amazing woman," says Rosanna Guzzi, acting principal at Daniel McIntyre Collegiate Institute who has worked Javate for years. "She works with all our newcomer families, she's on our parent council and she sits on committees just to hear what's going on so she can take what she's learned and support new students and their parents with the knowledge that she's getting."

Guzzi says Javate also uses her own time after school hours to meet with newcomer students and their parents, and somehow has found the time for volunteer gigs with organizations including Folklorama, the Knights of Rizal, Mount Carmel Clinic, and she's also a co-founder of Pinay Manitoba, Inc, a group dedicated to empowering Filipino in Winnipeg.

"She's involved with so many organizations outside of the school as well; I don't know where she finds the time to do all of the things she does," says Guzzi.

RBC's Top 25 Canadian Immigrant Awards honour immigrants who have made significant contributions to Canada. Javate has also received the Queen's Diamond Jubilee Medal the Queen's Golden Jubilee Medal for her work in the community.



metro SPECIAL REPORT: TOP 100

Thursday, December 15, 2016 17



52 & 51. Amie & Johanna Seier: They're cousins, and they're both as motivating and inspiring as it gets when it comes to fitness. Amie has an ability to somehow make cardio fun, and Johanna has built a huge network online supporting and motivating women in fitness. Keep it up. This stuff works.

50. Mary Beth Taylor: One of the most passionate, positive and tireless philanthropists in Winnipeg. Be it raising money, volunteering her time, or lending her extensive knowledge to an initiative, Taylor does it all. She was the 2016 recipient of Outstanding Professional Fundraiser Award at the Manitoba Philanthropy Awards. Keep being you, Mary Beth.

48. Gordon McPhee: A farmer from Dauphin, he is heralded as a zero-tillage pioneer in Manitoba. He's been lauded over the years for championing soil preservation, and this year was inducted into the Manitoba Agriculture Hall of Fame.



54 & 53. Charla Smeall & Chandra Kremski: Both are great champions of local makers, artisans, farmers, and other small Manitoba businesses. They've made the Third + Bird Christmas Market into a massive event providing an exceptional platform to showcase, sell, and grow ideas and businesses.

47. Mike Keane: Not one team in hockey used a draft pick on Mike Keane. All he did was go on to play over 1,300 NHL games, another 440 in the AHL, captain the Montreal Canadiens, and win three Stanley Cups. This year, Mike was inducted into the Manitoba Sports Hall of Fame. He's a beauty.



49. Bradley Keefe: I love this story. After three third-place finishes and two second-place ones in 13 tries, Keefe finally won the Manitoba Marathon. "For the rest of my life, this day, which a lot of people will forget, I will never forget this, even when I'm very old," Keefe said. I love it.

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46. Lindsay Shearer Nelko: Born, raised and trained in Winnipeg, Lindsay has put together an incredible career in dance and choreography. She's represented Canada internationally in dance, choreographed the dance on Taylor Swift's Red tour, Fox's So You Think You Can Dance, X Factor, and tons more. She's killing it.

45. Matt Reimer: A Killarney-area farmer, Matt was the winner of the best new invention award at Manitoba Ag Days in Brandon. He (Reimer Robotics) invented a self-driving tractor. He took the auto-pilot out of a radio-controlled drone and installed it in his tractor, which he uses to pull his grain cart at harvest. He could harrow and swath at the same time as combining and said he had his most productive fall ever. So cool.

44. Romi Mayes: One of the hardest working, most talented songwriter/musician/artists we've ever been lucky enough to claim as a Manitoban. She's just freaking awesome. A nod this year as Blues Artist of the Year at the Western Canadian Music Awards was a no-brainer, with all due respect to the other nominees. Go see her live. You will not be disappointed. I guarantee it.



43. Tyler Harper: Winnipeg's Citizen Equity Awards are given out every year to those 15 to 24 years of age in the spirit of building a harmonious, vibrant, multicultural, and inclusive society. Tyler was the senior achiever recipient this year. Arriving fairly recently to Winnipeg from Redsucker Lake First Nation in north-east Manitoba, he's the perfect choice. He involves the community in sundances and sweat lodges. He sings and drums in the Loud Thunder Singers, Warrior Eagle, and Thunderhorse Singers. He volunteers with the Bear Clan. An exceptional young man who proudly shares his heritage with others.

42. Leanne Muldrew: Competed at the Rio Paralympic Games in sitting volleyball. It was Canada's first ever sitting volleyball team in the games, and it's an incredible sport. Punch it in to YouTube. Leanne is simply an amazing person, athlete, and I'm lucky enough to know her.

41. Michelle McHale: Through backlash and controversy, McHale organized and pulled off an immensely popular and first ever Pride March in Steinbach. 5,000 people showed up. She's a true champion of sexual orientation and gender identity instruction. Keep being you Michelle.

40. Chris Funk: Known as "The Wonderist", Chris Funk is crushing it right now. As a magician, he's performed around the world, on the Vegas strip, wowed Penn & Teller on their Fool Us show, and was a huge hit on America's Got Talent. He's mega talented and is an engaging and very funny performer.



39. Catherine Metrycki: She's the founder of a new online floral business. Her start-up, Callia, was the winner this year in an incredible field of other new start-ups at Innovate Manitoba's Pitch Day.

38 & 37. Adam Brooks & Matthew Kennedy: They made a freaky, funny and fun horror film called The Editor. It's played at the Toronto International Film Festival, and cleaned up at the Winnipeg Film Group's inaugural Windy Awards this year, celebrating the best in Winnipeg film.



36. Tracie Leost: This past May I presented Tracie with a Young Humanitarian award courtesy of the Manitoba Teachers Society. She's a truly amazing young woman. She ran 115 kilometres raising awareness for Murdered and Missing Indigenous Women while raising money for the Families First Foundation. After losing two friends to suicide in the span of four days this year, she led and implemented mental health programs in her school, Garden City Collegiate. Recently she was the subject of a Vogue video about her work for MMIW called Run Sister Run..

+ 69. LAURA UNRUH

To say Laura Unruh is lighting up the world of Scottish Highland dance is a wee bit of an understatement.

After a year that saw her win eight championships in three countries—something no Manitoban has ever done before—she is already counted among the province's best ever.

Oh yeah, and she just turned 13 years old. "A good Highland dancer has incredible turn out, which she has, and her feet are just amazing," says Gaelyn McGregor, the principal of McGregor Studio of Highland Dance who's coached Unruh for the last nine years. "She just has so much natural ability and she has a passion that sets her apart."

Unruh kicked off the year by winning the Manitoba Open Championship in February, the Manitoba Closed Championship in May, she was crowned Mid-Canada champion in June, she repeated as Canadian Champion in July, and later that month she became the ScotDance Canada Open Champion.

And that's just the hardware she picked up in Winnipeg.

Later in July she was named the Grand Rapids Open Champion as part of the US Championships in Michigan, and in August she became both the Commonwealth Champion in Stirling, Scotland, and the Scottish Champion in Cowal, Dunoon, Scotland.

"This year has been totally unprecedented," says McGregor, who adds Unruh is now setting her sights on becoming a World Champion. "We're planning another trip to Scotland this year, which is something we'll be doing on a regular basis because now that she has that reputation she has to keep it up."



MCGREGOR STUDIO OF HIGHLAND DANCE

35. Tim Jones: He's taken what was at first a boutique artist management and record label into a multi-faceted company now known as Pipe & Hat Music Group. As president, Tim now oversees an incredibly cool and diverse group that now not only manages talent and releases awesome records, but also produces live shows, mentors young artists, offers creative services, and more. He's making things happen. Cool things.



34 & 33. Kyle Matheson & Marc Priestly: They are the co-owners of Nuburger, and they're on fire. Their stuff is really great, and from their start as Unburger in The Village, they've grown steadily and now have three spots—the latest having recently open at The Forks. Continued success to you both.

Season's Greetings

Best wishes for a safe and festive Holiday Season and a very Happy New Year.

From the executive, staff and members of CUPE Local 500



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32. Boogey The Beat: Born Les Boulanger, Boogey is an Anishinaabe DJ and music producer with massive talent. He's racked up hundreds of thousands of plays/views online and has emerged as a major talent on the pow wow step scene. His work is incredible and fresh, give him a listen.

31 - 29. Bobby Desjarlais, Anders Erickson & Kyle Erickson: Together they are Attica Riots, one of the best bands in what is still and forever an outstanding local music scene. They released one of the best albums of 2016 (Love Sunshine and Hysteria) and their single Misery is perfection. One of the best live acts around as well. I'm a huge fan.

28 & 27. Derek Yin and Himanshu Sharma: Aged 17 and 16 respectively, these two Fort Richmond Collegiate students captured one of the most prestigious prizes in Canadian high school science this year. They created the EWalker, which is a digital system of sensors on a walker designed to both speed up stroke recovery and make it safer. Of 480 finalists at the Ernest C. Manning Innovation Achievement Awards at the 55th Canada Wide Science fair - only eight are awarded a medal and cash prize. Derek and Himanshu were two of them.



26. Annemieke Farenhorst: Dr. Farenhorst is one of North America's leading experts in research on the environmental fate of organic chemicals in soil and water. She was on another list this year, being named one of the 100 most powerful women in Canada.



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25. Jordan Rogodzinski: Jordan has one of the coolest shows online. He's the host of The Jordan 411 Sports Show, and has welcomed the likes of Hall of Famers Doug Brown and Milt Stegall to his set. He's only 17, and is living with cerebral palsy. Jordan is always (ask his guests) very well prepared, does his research, and has a real gift in getting his guests to open up and talk candidly. I'm a big fan.

24. Danielle Doiron: A recent Red River College Creative Communications grad, this year Danielle became the first woman ever to do play-by-play of a professional baseball game. She put on the headset and called a Goldeyes/RedHawks game on a Saturday night this past September. Very, very cool.



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23. Elder Mae Louise Campbell: She is an elder-in-residence at Red River College and the keeper of Winnipeg's Grandmother Moon Lodge, which provides spiritual healing services to women in need. This year she was one of only two Canadians to receive the prestigious Inspire award for culture, heritage and spirituality.



22. Kelsey Wog: We have another local swimming star. Kelsey had already broken three Canadian age records in the pool by age 17. She started swimming for the U of M this year, winning three golds and a silver at the Canada West Swimming Championships and was named rookie of the meet. She's fast and has a great career ahead of her.



21. Wanda Koop: Has had a remarkable career as an artist. One of the most celebrated in the country for her work, be it in paint, video, performance or photography. She's a member of the Order of Canada, and this year received the Order of Manitoba. She also founded one of the true gems in Winnipeg: community art centre Art City. Again, a remarkable career.

+ 56. KYLE MONKMAN

University of Manitoba Electrical Engineering student Kyle Monkman is shockingly smart.

The 23-year-old Métis student not only boasts a GPA of 4.33, he also won the U of M's Open Mathematics Competition this past year, and for the last two years scored in the top 25 per cent in the William Lowell Putnam Mathematical Competition.

Monkman's list of academic accomplishments should have been more than enough to earn the 2016 Manitoba Aboriginal Youth Achievement Award in Senior Academics, which he picked up this year, but it's just the beginning of what Monkman brings to the table.

He volunteers at the U of M's Space Camp, and works with the Verna J. Kirkness Science and Engineering Education Program to encourage more Indigenous youth studying math and science in Canada. He is also a role model, mentor, and tutor for his fellow Faculty of Engineering's Access Program (ENGAP) students.

"I've been teaching here for 18 years and he is by far and away one of the brightest individuals I've seen," says Randy Herrmann, who is the director of ENGAP and nominated Monkman for the Manitoba Aboriginal Youth Achievement Award, which recognizes Manitoba Indigenous youth for academic accomplishment, community involvement, culture, business and athletics.

Herrmann says Monkman's high GPA is made more incredible considering he takes elective courses that are way more difficult than he needs to purely because he's interested in learning, and his success in the math competitions is unprecedented because he's beating students whose main studies are in math.

And to top it all off this well-rounded fourth year student is also an accomplished guitarist who plays in the U of M Jazz Band in his spare time.

"His desire to learn everything is incredible," says Herrmann. "He's really impressive, and with someone like that, who knows where they could end up going."



UNIVERSITY OF MANITOBA

20. Chief Betsy Kennedy: She became the chief of Manitoba's War Lake First Nation in 2006, making her the longest serving female chief in Manitoba. Chief Kennedy received the Order of Manitoba this year for her contributions to the health and welfare of her community and for her commitment to the environment.

19 & 18. Amanda Schubert & Velna Hovi: It will go down in history as one of the greatest hockey games ever played. During the Canada West women's university hockey playoffs, the U of M Bisons and Saskatchewan Huskies played five overtime periods before the game ended in a 2-1 Manitoba win. That's 139 minutes of hockey, or 2 and 1/3 games. It's the longest ever played in the conference. Hovi scored the winner, and

Schubert made a ridiculous 66 saves for the win.

17. Joanne Gutknecht: You just never know how life is going to turn out. Joanne has such a cool story. Growing up in Ashern, Manitoba, she was a standout in both English and science. She chose science against the urging of university English professors to switch to writing. She never did, and pursued work up north with Arctic Co-Op. Years removed from being tempted to pursue writing, something sparked her. She heard an ad for the 25th annual International Radio Playwriting Competition, and decided it was time to take her shot. The play (Playing with Fire), about the stress of a wildfire speeding towards a community, was chosen by the BBC out of 1000 international entries.

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16. Natalie Bell: Blogger, podcaster, influencer, and an all-around super fun and kind person, Bell has merged her lifestyle and making a living as well as anyone via her Peg City Lovely brand.

15. Jeremy Senaris: Represented Winnipeg on season three of MasterChef Canada and finished as (a very close) runner-up to winner Mary Berg (who was also super cool). Senaris is a massive talent. I've enjoyed some of his culinary creations first hand and they're ambitious, original and delicious.



14. Connie Walker: Took on the role of CEO of the United Way of Winnipeg a couple of years ago after the retirement of Susan Lewis. Lewis, who has been on this list, held the job for nearly 30 years and is one of the most amazing and respected women in the history of Manitoba. Walker has done an exceptional job in not only keeping the United Way a life-changing organization, but moving it forward this year clear with a clear three-year plan that all current and new United Way supporters can get excited about. She's awesome.



13. Hijab Mitra: I find architects fascinating, period. Hijab focuses largely on sustainable, community-designed projects. Her latest and perhaps greatest design is Marie Rose Place, an affordable housing unit for single, at-risk immigrant women. Marie Rose Place currently provides housing to women from 15 different countries. Look forward to what Mitra will have in store for Winnipeg in the future. Very cool.

12. Jeff Ryzner: One of the greatest mentors in Winnipeg for young entrepreneurs, start-ups, dreamers and doers. Jeff is the president of North Forge Technology Exchange on Innovation Alley, which is fuelling and advising some of the greatest minds and idea in this town. Winnipeg is on the map big-time when it comes to tech, brilliant ideas, and fabrication. This can't happen without the leadership of people like Jeff Ryzner.



11. Jodie Layne: A force locally and nationally as a rights advocate for women and the LGBTQ community. Layne created Safe Spaces, combating street harassment, empowering women, and training numerous organizations on making safer spaces. I've heard her speak, and she's tremendous. She also spearheaded the BRAVE program, working with young men to combat violence against women.



10. Jackie Anderson: Has dedicated over 10 years of her life to promoting Indigenous culture and tradition through the Anishinabe Pride Basketball program. She developed the program for inner city youth and built it around the teachings of love, respect, wisdom, humility, truth, honesty and bravery. She's also a voice for ending sexual exploitation of Indigenous women, and has spoken in front of the House of Commons on the matter.

9. Shahina Siddiqui:

She's an educator, spiritual counsellor and writer. Since arriving in Winnipeg from Pakistan four decades ago, she has worked tirelessly to support refugees and bring communities together. Siddiqui is a co-founder and current President of the Islamic Social Services Association (ISSA).



ISSA played a major role this year in supporting the Syrian refugees who came to Manitoba. She has been a founding member of a number of national and provincial organizations, including the Canadian Muslim Women's Institute, Canadian Muslim Leadership Institute, Interfaith Council of Women and Federation of Canadian Muslim Social Services. Her bio is amazing. This year, Siddiqui was recognized as the 2016 Canadian Red Cross Humanitarian of the Year in Manitoba.

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8. Heather McCormick: She's the co-founder of Manitoba Mukluks. I own a pair. They're awesome. Her company is one of the fastest growing in the province, with more than 200 per cent growth over five years and providing employment for more than 60 people. McCormick also volunteers with the Aboriginal Literacy Foundation, has served on the Social Planning of Winnipeg board, currently sits of the board of the Aboriginal Health and Wellness Centre board, and much more. She's a businesswoman, a mentor, role model, and just simply an outstanding Manitoban. Continued success to you.

7 & 6. Tyler & Lisa Klassen: It was a horrible year on Manitoba highways. A crash took 16-year-old Tyler's life just two days after he got his license. He had also, however, signed up to be an organ donor that same day. Tyler's organs helped save the lives of 45 other people in vital need. His mother, Lisa, spoke of the loss so beautifully saying, "I'm losing my child, I'm devastated, I'm broken, but my child is going to be saving 45 lives at the same time so my heart is full of joy." Amazing. Thank you Tyler for your gifts.

5. Jesslyn Janssen: This is incredible. Jesslyn is 19 years old. Fueled by the personal loss of her grandfather to Alzheimer's, Jesslyn taught herself about the neuroscience behind the disease and conceived the idea of a biosensor that could potentially detect Alzheimer's early onset. There was no funding for the project, so she raised the money herself and worked with scientists from the U of M to help make this biosensor a reality. Again, she's 19. What a brilliant woman.

4 & 3. Lisa Muswagon & Karmen Omeasoo: Responded and reached out immediately to the community of Pimicikamak after a string of youth suicides. Muswagon is from the area and graduated from Otter Nelson River School. Omeasoo is a gifted hip-hop artist performing as Hellnback. Together they organized youth forums, live shows, and brought hope, love, and understanding to a community that really needed it.



2. Jerry Maslowsky: One of the most caring and kindest people I've ever worked with. If you met him even once, you considered him a friend. His passing this year hit Winnipeg hard, and he will be celebrated and remembered lovingly forever in this town. All the best to the Maslowsky family and thank you for sharing him with us.



1. Kristen Hiebert: One of the most heroic and amazing stories ever. Kristen Hiebert's car went off the road in rural Manitoba in January. It flipped down a steep bank by a bridge. It was in the minus 20's, and it was dark. Kristen suffered multiple broken bones and was knocked unconscious, while 4 year-old daughter Avery was unharmed. She woke up, managed to pull her daughter from the car, and kept her warm all through the night to keep her alive. Somehow, after more than 10 hours, she pulled herself out of the ditch. I stopped at that bridge (near-ish Killarney) this summer, and it's impossible to fathom how someone with countless broken bones and major frostbite could possibly have pulled that off. She lost the lower part of both her legs protecting her daughter, but they are both alive. Against all odds. Just an amazing, heroic woman.

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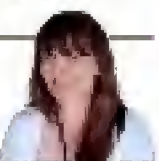
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CULTURE

Group rituals bind a society together, says religion prof

Megan Haynes
For Metro Canada



Almeera Ismail adores Christmas.

The 30-year-old Vancouver native goes all out: homemade cards, festive cookies, gifts for her nieces, a small tree.

But as a Muslim, Ismail didn't start celebrating until she was in high school when she and her sisters convinced their parents to let them get a Christmas tree. When she went to university in Ottawa, her love of the holiday grew.

"It was when I moved away — and you reach for things that make you feel homey or ground you — that I started to really get into Christmas and the spirit of being around friends and family over the holidays," she says. When her sister entered an inter-faith relationship with a Christian man and the pair had a baby,

Loving Christmas when you're not Christian



Vancouver resident Almeera Ismail goes all out for Christmas: she bakes festive cookies, decorates a tree and buys gifts for family. As a Muslim, her love of the holiday grew when she moved to Ottawa as a student, "and you reach for things that make you feel homey or ground you." JENNIFER GAUTHIER/FOR METRO; INSET: COURTESY ALMEERA ISMAIL

even Ismail's parents came on board the holiday trend. Now, the whole family celebrates on Christmas Eve, exchanging presents and feasting.

Increasingly, people of all faiths and backgrounds are tuning into Christmas in some form.

A 2011 study by Ottawa-based Abacus, which polled just over 1,000 people, found of the 92 per cent of respondents who said they celebrate the holidays, 52 per cent do not

consider themselves Christian.

There are a couple factors at play here, says Christopher Helland, professor of religion in contemporary culture at Dalhousie University. First, as a society, we're becoming more secular. In 2011, Statistics Canada found a quarter of the population said they had no religious affiliation, up from 16 per cent in 2001. Second, we're seeing more people from other faiths arrive in the country: from the last census, 8.8

per cent of the population is of a non-Christian faith, up from 4.8% a decade earlier.

As a result of this shift, society has moved towards a more inclusive season, opting for phrasing like "Happy Holidays," Helland says.

That has offended some people: "Some groups are very upset about that. (They) feel taking the Christ out of Christmas isn't a good thing," he says. However, the shift towards a less religious-filled holiday has

made it more acceptable of people of other faiths to participate however they want.

While there are some culturally imposed traditions, such as spending time with family, trees and gift giving, for those of different faith backgrounds wanting to celebrate, it's a great opportunity to build in new rituals without some of the pressures others might face.

"Sometimes the beliefs behind the rituals change, or



adapt, take on different meaning. But we certainly like to do the ritual — they are important," Helland says. In fact, allowing the tradition to change and adapt to be more inclusive can help be a bridge in society, he says.

It's not a new idea: an early sociologist, Emile Durkheim, said at the turn of the 20th century that in the absence of a religious tie, in a modernist society these group rituals become the things that bind a society together.

"It's pushed on us pretty heavily that 'This is the holidays, this where you do the gift giving and be with family,'" says Helland "It's hard to not be part of that if you're part of our society and culture."



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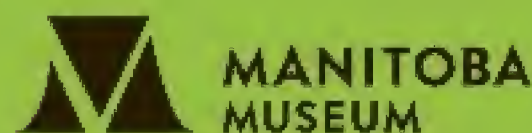
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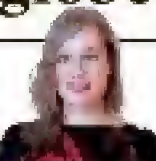
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She had 'brains, beauty and breeches'

INTERVIEW

Canada's Aloha Wanderwell was first woman to drive the globe

Sue Carter
For Metro Canada



With her blond ringlets, Kewpie-doll lips and statuesque height, Aloha Wanderwell could be a Hollywood invention, leaning against a Ford Model-T, all sass and swagger.

But what her 1920s publicity photo doesn't reveal — and what has, for the most part, been buried in history — is that at the age of 16, Wanderwell embarked on an adventure that, among her many records, would make her the first woman to drive around the world, covering 380,000 miles and 80 countries before the age of 30.

Back in 1998, Vancouver television producer Randolph Eustace-Wallace, co-author of the book *Aloha Wanderwell: The Border-Smashing, Record-Setting Life of the World's Youngest Explorer*, was using the brand-new Google search engine to research his own adventure when he stumbled onto her story.

Eustace-Wallace was looking for information on driving around the world when his cousin called from Ontario needing help with travel plans to Hawaii. He entered "Aloha Airlines" into Google, which mixed with his online search for driving, and up popped a story about Wanderwell.

Intrigued, he saved the link, but it wasn't until a couple years later, when he partnered with journalist Christian Fink-Jensen, his co-author on *Aloha Wanderwell*, did their decade of detective work begin in earnest.

At this point, the duo didn't know that Wanderwell was originally named Idris Hall, born in Winnipeg in 1906, or that her husband had been jailed as a German spy (and later murdered). None of that is mentioned in her 1939 ghost-written autobiography, *Call To Adventure*.

"The ghostwriter tarted it up, and added a lot of fiction, made it more melodramatic," says Eustace-Wallace. "When we first read it, we thought, 'It's too bad she's such a terrible writer,' but as it turns out, she was incredible."



Forgotten Canadian adventurer Aloha Wanderwell. CONTRIBUTED

Wanderwell's story is so incredible it doesn't require embellishment. In 1922, while the bored teenager was attending school, she answered an ad looking for women with "Brains, Beauty & Breeches" to accompany Captain Ralph Wanderwell — whom she would eventually marry — as a driver and secretary on his

international expeditions.

"For 10 years, their escapades were front-page news," says Eustace-Wallace. And yet, he and Fink-Jensen found plenty of conflicting information during their arduous research process, mainly because Wanderwell had reinvented her own personal history. "It's difficult to tell a non-fiction story about someone who tried to keep their life under wraps," he says.

As it turns out, the key to unlocking Aloha's mystery was Wanderwell's children.

In order to gain access to films produced by Wanderwell that had been bequeathed to the Library of Congress and the Smithsonian, Eustace-Wallace and Fink-Jensen needed permission from her two offspring.

When Valri, who lived in Honolulu at the time, discovered that the two writers were Canadian, she embraced their request.

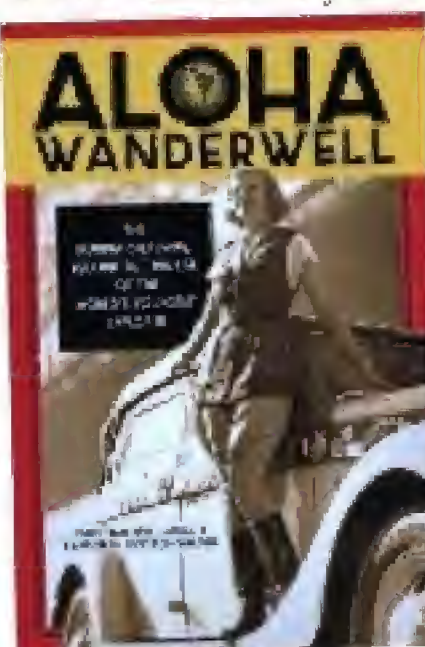
As it turns out, she and her brother Nile, now in their 80s, had been raised on Vancouver Island, and still had fond memories of their early years.

The writers and Wanderwell's children became close. During one trip to Honolulu, Valri appeared with a dusty tin box she had recently discovered that was labelled with her mother's initials.

Eustace-Wallace picked the lock and discovered the "Rosetta Stone": Wanderwell's original passport containing every border crossing (many of which were contrary to other reports), her logbooks and a draft of an unpublished memoir: they had all the details needed to shed light on one of Canada's most incredible adventurers.

As Eustace-Wallace concludes, "It's the story of someone who was lost to history, and shouldn't be."

Sue Carter is the editor at Quill & Quire magazine.



Read all about it — best of 2016

Loading up on books is an easy way to get through the gift-buying Christmas season. But, where to start? Right here. We highlight some of the year's finest reads. **TORSTAR NEWS SERVICE**



INTERESTS

Les Diners de Gala, Salvador Dali

Quirky? Love art? Yes, it's a Salvador Dali cookbook. This one has recipes that have all been tested, although it might take someone brave to try some of them. And the pictures? As fanciful and sumptuous as you'd expect. The recipe for Eggs on a Spit reads "It is fun to present this dish, which is also good to eat."

The Joyful Living Colouring Book by Teva Harrison

For those who haven't yet embraced the adult colouring book phenomenon, this is a lovely way to ease into it. The images — ready for you to colour in — are on one side of the page only, so suitable for framing. They're drawn by Teva Harrison about her fight with metastatic cancer, which infuses the Joyful Living title with meaning.

Canoes: A Natural History in North America by Mark Neuzil and Norman Sims

Canoe ephemera is sprinkled throughout this book which documents the evolution of this particular form of transportation by indigenous peoples, its influence on North American settlers, different constructions of canoes, paddles, etc. and even a look at canoe tripping throughout the centuries.

1000 Places to See in the United States and Canada Before You Die by Patricia Schultz

For the armchair traveller or inveterate planner it has plenty of pictures and descriptions, with recommendations of places to stay and eat, what to see and price points. This newly updated volume is handy to keep in the car, too — you know, for those unexpected road trips you've always wanted to take.

A Taste of Haida Gwaii, by Susan Musgrave

This multiple award-winning book one will appeal to a wide range of people: foodies, travellers and those who love a good read. Poet Susan Musgrave lives on Haida Gwaii (formerly known as the Queen Charlotte Islands) and operates a bed and breakfast, Copper Beech House, there. She's made a study and cuisine of the local food and shares stories on everything from foraging for mushrooms to making jams to how recipes came about. With beautiful photographs and writing, she brings the area to life as well as giving us plenty of ideas.

COFFEE TABLE BOOKS

The Art of Movement

Photographs of dancers from modern ballet companies — New York City Ballet, Martha Graham Dance Company, Royal Danish Ballet, Royal Ballet, among others — taken by photographers Ken Browar and Deborah Ory capture, as the title suggests, the art of motion. Close-up photos of toes en pointe, bulging calf muscles, to stop motion images of a leap, to portraits of two dancers wrapped around each other are accompanied by inspirational words from dancers, choreographers, etc. "When you're hungry, eat. When you're tired, sleep. When you hear music, dance." — Garen Scribner. Amen to that.

Pounce

Seth Casteel's pictures of animals have become a global phenomenon — you've seen them: Underwater Dogs and Underwater Puppies. Pounce is for the cat lover — or kitten lover, to be accurate. This book follows in the footsteps of his others featuring astonishing shots of kittens pouncing: in mid-air, looking in turn vulnerable and like the tigers they think they are.

Fashion Designers A-Z

Part history, part photography book, part encyclopedia, this substantial — and very beautiful — volume by Valerie Steele is stunning in both its breadth and detail featuring items from the permanent collection of the Museum at the Fashion Institute of Technology. Containing entries on everyone from Giorgio Armani to Vivienne Westwood, there are also essays on the rise of the fashion museum helping to explain our interest and providing context. In an inter-

national touch, each entry is in three languages: English, German and French.

The Art of Blues

The music might be the initial draw — but the art that accompanied the rise of the blues throughout the 20th century also tracks social history (generic LP covers, for example, were the only way albums could be displayed in segregated southern record stores). From liner notes and record sleeves to posters and promo photos, Bill Dahl introduces us to the earliest recordings from piano great Eubie Blake to the three kings — Albert, BB and Freddie. The research that accompanies the ephemera is first-rate.

BESTSELLERS

The Nest by Cynthia d'Aprix Sweeney, Ecco

This story about four siblings, the Plumb family, squabbling over a trust fund they're weeks away from inheriting garnered attention even before this debut book was published, d'Aprix Sweeney won out with a million-dollar bid for the book. It looks as if the editors were right: It's been on the bestseller list since it first hit book stores in March.

In A Dark, Dark Wood by Ruth Ware, Simon & Schuster

Thriller lovers will want to read this debut — it's been on bestseller lists in Ware's native U.K. as well as here in North America. A psychological drama about a woman invited to a hen party for an old friend, held in a glass house deep in a forest. Ware's got another crime thriller coming out in Canada at the beginning of January: The Woman in Cabin 10.

The Couple Next Door by Shari Lapena, Doubleday Canada

Reminiscent of the Madeleine McCann story — in this thriller a couple head next door to their neighbours' for dinner, leaving their six-month-old baby sleeping in her cot, vowing they'll check on her every half-hour. Every parent's worst nightmare is tackled in this gripping read.

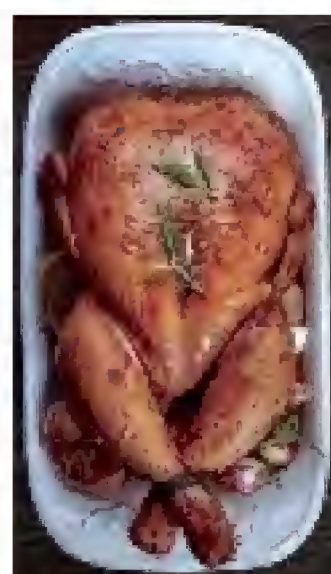
Still Mine by Amy Stuart, Simon & Schuster

Toronto writer Stuart debuted with a tense thriller about a woman who escapes an abusive husband by creating an elaborate exit. Here's the idea: Clare, on the run from her husband and her own life, shows up in a remote town and asks about Shayna, a girl who's gone missing. No one in the town knows anything about Clare, but everyone has a secret. It's a taut thriller that keeps you on edge.

Linked to Winnipeg



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From all of us at Winnipeg Old Country Sausage, we wish everybody a safe and happy Christmas!



winnipegoldcountrysausage.ca

LEGACY

Sporting icons pay tribute to Thicke

Canadian entertainer Alan Thicke — a longtime sports fan with a strong connection to the hockey world — was remembered fondly by the sports community Wednesday.

Thicke, from Kirkland Lake, Ont., died Tuesday at age 69. Hockey legend and longtime friend Wayne Gretzky offered his thoughts in a post on Twitter.

"Janet & I are deeply saddened to hear of Alan's passing. He was a wonderful man, father, husband and friend. He will be missed by all. RIP Alan," Gretzky tweeted.

A photo of the actor with Gretzky, Phil Esposito and Gordie Howe — all wearing all-star uniforms — was posted on the NHL's Twitter feed.

"In addition to being a passionate fan, Alan was an energetic participant in many of our events, including all-star, charity games and awards shows," NHL commissioner Gary Bettman said in a statement. "He frequently attended games, and was with us as recently as September's World Cup."

"Alan always displayed humour and grace and he will be greatly missed. We send condolences to Alan's wife, Tanya, and the rest of his family as well

as to his countless friends and the multitudes he entertained."

Thicke told MLB.com last year that he named his youngest son Carter, after former Blue Jays great Joe Carter and former Montreal Expos catcher Gary Carter.

"I was sitting in the bathtub," Thicke said. "We knew that we were having a boy and we were wrestling with a name and what would we do. And then I'm watching a documentary on the sports channel about Canadian baseball heroes ... and sure enough, Joe Carter, for hitting those home runs, and Gary Carter, being a great Expo catcher."

"And I said, 'Eureka!' Out of the tub and we have a name for the kid."

Joe Carter said Thicke shared that story with him when they met at a golf tournament a few years ago in Las Vegas. They became friends and Thicke often participated in Carter's annual charity golf tournament in the Toronto area.

"Our lives are better because of him," Carter said Wednesday from Kansas City. "My life is better because of him. I mean, he put a smile on my face. Those are things that I'll always remember." THE CANADIAN PRESS

Manchester storms back with Screen Actors nods

NOMINATIONS

La La Land hits wrong note as Guild opts for Affleck and co.

La La Land may have hit all the right notes for the Golden Globes, but the Screen Actors Guild sang a different tune Wednesday, when Kenneth Lonergan's New England-set family drama Manchester by the Sea picked up the most nominations. Its leading four nods included best ensemble cast, best actor for Casey Affleck and best supporting performances for Michelle Williams and Lucas Hedges.

Barry Jenkins' coming-of-age tale Moonlight and Denzel Washington's August Wilson adaptation Fences followed with three each, including ensemble. They'll be competing with the fact-based NASA crowd-pleaser Hidden Figures and the family drama Captain Fantastic. Shut out of the coveted ensemble award was Damien Chazelle's candy-coloured musical La La Land, which scored nominations only for its leads, Emma Stone and London, Ont.-native Ryan Gosling.

Sophia Bush and Common announced the nominees early Wednesday morning in West Hollywood, California.

In the past, SAG nominees have served as helpful predictors of who will land nominations in the four Oscar acting categories.

While some categories looked generally as expected, like the supporting actress nods for Williams, Fences' Viola Davis, Moonlight's Naomie Harris, Lion's Nicole Kidman and Hidden Figures' Octavia Spencer, others were quite surprising.

In the lead actress category, Annette Bening failed to pick

up a nomination for 20th Century Women. Bening had been an assumed lock for an Oscar nomination and had been considered a top contender against front-runners Natalie Portman (Jackie) and Stone (La La Land), both of whom were recognized. Instead, SAG nominated Emily Blunt for the adapted thriller The Girl on the Train, which scored tepid reviews from critics and had not been seen as a major awards contender. Meryl Streep (Florence Foster Jenkins) and Amy Adams (Arrival) were also nominated.

Lead actors nominated were Affleck, Gosling, Andrew Garfield (Hacksaw Ridge), Viggo Mortensen (Captain Fantastic) and Denzel Washington (Fences).

On the supporting side for actors, Moonlight's Mahershala Ali continues to dominate the category with another nomination. He'll be competing against Manchester's Hedges, Jeff Bridges for Hell or High Water, Dev Patel for Lion and Hugh Grant for Florence Foster Jenkins.

Also missing were nominations for Jeff Nichols' fact-based civil rights film Loving and its leads Ruth Negga and Joel Edgerton, as well as for French actress Isabelle Huppert, who has won many of the critics' awards for her performance in the edgy Elle.

On the television side, series newcomers The Crown, Westworld and Stranger Things all picked up three nominations each, alongside Emmys favourite The People v. O.J. Simpson: American Crime Story and Game of Thrones. Both Winona Ryder and Millie Bobby Brown will be up against one another in the same acting category for Netflix's Stranger Things.

The 23rd annual Screen Actors Guild Awards take place Jan. 29 from the Shrine Auditorium in Los Angeles. THE ASSOCIATED PRESS



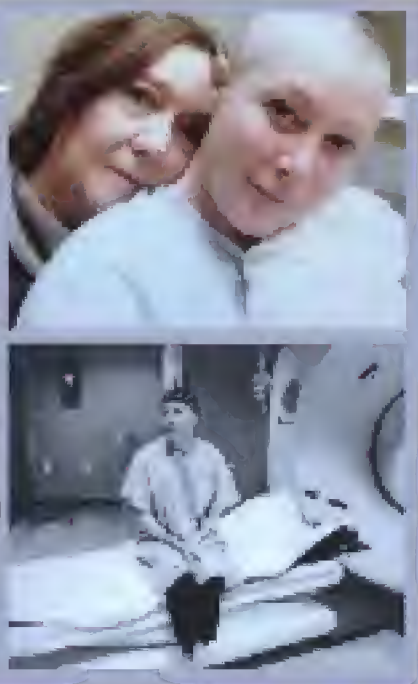
Michelle Williams was nominated for best supporting actress for Manchester By the Sea while Moonlight's Mahershala Ali also made the cut for supporting actor. HANDOUTS

CELEBS ON INSTA

Doherty opens up on fight

Shannen Doherty is giving an up-close look at her fight against breast cancer.

The former Beverly Hills, 90210 actress shared an Instagram photo Tuesday of herself in a hospital gown alongside her mother. She wrote that she was undergoing another day of radiation adding, "Today my mom came with me because Even though I'm so tired after, I'm going Christmas shopping!!!" THE ASSOCIATED PRESS/INSTAGRAM/THESHANDO



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MEET THE CONDO

COBBLESTONE HOMES



Connect with nature

CONTRIBUTED

Project overview

Located on the former site of a nursery and near the walking trails of Henteloff Park, Riverstone Terrace offers residents a chance to connect with nature and enjoy sunset views over the Red River.

Housing amenities

The building features a residents lounge with TV and kitchen, and a shared riverside patio. All suites have balconies, a great room floor plan, and maple kitchen cabinets, an island and stainless steel appliances. Some lower level suites have stairs from their balconies to ground level.

Location and transit

The project is situated along St. Mary's Road, with direct access to downtown or the south Perimeter. Two transit routes, including an express bus, provide service to St. Vital Centre and downtown.

In the neighbourhood

One of the city's most popular pizzerias, Santa Ana, is two blocks north, along with Snap Fitness, a grocery store and a pharmacy. The shops and restaurants of St. Vital Centre are a short drive up the road.

+ NEED TO KNOW

Builder: Cobblestone Homes
Designer: Cobblestone Homes
Location: 1926/1936 St Mary's Rd
Building: Four-storey apartment-style condos
Sizes: 793 - 1,438 sq. ft.
Pricing: \$219k - \$429k
Model: One, two and three

bedrooms with heated underground parking
Status: Phase 1 built, Phase 2 under construction this month
Occupancy: Immediate (Phase 1), 2018 (Phase 2)
Phone: 204-795-7741
Website: riverstonecondoswinnipeg.ca

DESIGN

This is not your father's rec room

When asked to build a luxury home for a house tour this year, designer Kenyon Woods opted to include a rec room — but not the rec room of his childhood.

Unlike old-time rec rooms with their wood paneling, ceiling tiles, box TVs and cast-off furniture, this one measures about 800 square feet on the main floor, with space for watching TV, shooting pool, rock climbing and more.

"Media rooms used to be off by themselves," said Woods, owner of Authentic Custom Homes in

Oklahoma City.

"I'm tired of the theatre or game room being separated. Today, families want to be together" even if they're doing different activities.

Recreation rooms of all shapes and sizes are popular in new homes, according to a recent survey by U.S. Houzz and Home, an online source of interior design photos and decor ideas.

Gaming and entertainment spaces, gyms and playrooms were among the top uses for rec rooms, it said.

Clients often want "several different areas in one large, open space," agreed Kristen DuChemin, design director for the Columbus, Ohio, homebuilder Romanelli & Hughes.

For some, that means adding game tables like foosball, shuffleboard, air hockey and billiards.

Chance Pack, spokesman for game manufacturer Valley Dynamo in Richland Hill, Texas, says sales of game tables, which dipped during the recession, have seen an uptick as the home-building industry rebounds.

Parents and grandparents like gaming tables, he said, because they are interactive and inter-generational, luring kids away from electronics and into family activities.

"People are really focused on the entertainment aspect of their home," Pack said.

Minneapolis interior designer Billy Beson also recommends tables with built-in game boards and bean-bag chairs, which are great for TV viewing and can easily be moved when not in use.

THE ASSOCIATED PRESS



Recreation rooms are gaining popularity in new home builds.
AUTHENTIC CUSTOM HOMES VIA AP



Winnipeg's wishlists

VIEW FROM THE 300S

Andrew
'Hustler'
Paterson



Happy holidays, Metro readers and sports fans. This past year has been an eventful one on the local sports scene. We will get to the best and worst of the year next week but today we look at a few holiday wishlists from around Winnipeg sports.

WINNIPEG JETS — A winning streak through the holidays into the New Year. It has been a tough grind for the Jets who stumbled home from Alberta with three straight regulation losses and sit three games below the .500 mark. The schedule has taken its toll on the club now facing an uphill climb to get back in the playoff mix. The only way that happens is if the Jets can get on a run like the Calgary Flames and Philadelphia Flyers of late. It's not too late but the playoff chase will be over early without a nice string of wins over the next few weeks.

PATRIK LAINE — A big trophy case. I won't pick low-hanging fruit and razz him on his own goal in Edmonton. Sunday's incident aside, Laine has been a revelation; the most exciting addition to the Winnipeg sports scene since Teemu Selanne — other than the return of the Jets itself. The 18-year-old is already doing things we have never seen and brings fans out of their seats every night. He will be a top contender for the Calder Trophy and is just scratching



Mark Scheifele and the Jets in at risk of falling out of the playoff race. CODIE MCLACHLAN/GETTY IMAGES

the surface as a pro.

PAUL MAURICE — Better team discipline, improved special teams and a few more saves from his goalies. Maurice's wishlist is long this year and it looks a lot like last year's. The Jets still take way too many penalties. Combine that with a struggling power play and inconsistent play in net and you end up desperate to get back into the playoff race. Without improvement in these areas, it won't happen and there will be more questions as to whether Maurice is the man to take the talented young roster to the next level.

WINNIPEG BLUE BOMBERS — Santa came early last week and delivered

new contracts to Bombers general manager Kyle Walters and head coach Mike O'Shea. These will be the first of many important moves this off-season. Both Walters and O'Shea earned the opportunity to continue moving this team forward but now can get on to the next order of business: signing their quarterback.

MATT NICHOLS — A new deal for the Bombers starting QB. Nichols was the catalyst for a stunning turnaround from a dismal 1-4 start to an 11-win season. Nichols earned the respect of his teammates and coaches and proved he could be a winning starter in the CFL. Once the quarterback situation is settled, the

team can move on to the rest of the to-do list for the off-season.

NOLAN PATRICK — Recovery and good health. The Winnipeg native and Brandon Wheat Kings star is undoubtedly the No. 1 prospect for June's NHL draft but has played in only six games this season as he recovers from off-season surgery. Missing out on representing Canada at the world junior championship is a tough pill to swallow but hopefully Patrick can get back to full health and hear his name called first at the draft.

Wishing you all a safe and happy holiday season from the 300s!

NFL

Peterson returns to Vikings practice

Adrian Peterson was back on the practice field on Wednesday for the first time in nearly three months, and the Minnesota Vikings hope their star running back can give them the jolt they need to chase down a playoff berth.

Peterson's rehab of a torn meniscus in his right knee is nearly complete, allowing him to rejoin his teammates at practice as he ramps up for a highly anticipated return. Wearing a black brace on his right knee,

+ SCHEDULE

Peterson wasn't available for comment Wednesday, but told a local website earlier in the week that he is targeting Dec. 24 as his return date to game action.

Peterson took handoffs from Sam Bradford, ran routes and went through some agility drills. THE ASSOCIATED PRESS

UFC

Dos Santos, Struve to face off in Halifax

Former heavyweight champion Junior Dos Santos will face Stefan (Skyscraper) Struve in the main event of a Halifax UFC card on Feb. 19.

The two big men first met at UFC 95 in February 2009 when Dos Santos won by first-round knockout.

Dos Santos (18-4) is ranked fourth among heavyweight contenders while the seven-foot Struve (32-8) is No. 11.

The six-foot-four former champion is coming off a de-



Junior Dos Santos GETTY IMAGES

cision win in April over Ben Rothwell, but has lost three of his last six. THE CANADIAN PRESS

IN BRIEF

Reed hired as Al's new GM

He's been a player, an assistant coach and a head coach in the CFL. Now Kavis Reed will get to try his hand at being a general manager.

The Montreal Alouettes announced Wednesday that Reed has been hired as their new GM. He replaces Jim Popp, who was fired Nov. 7.

The Alouettes also removed the interim tag from head coach Jacques Chapdelaine's job title.

THE CANADIAN PRESS

Chelsea runs its winning streak to 10 games

Chelsea moved six points clear at the top of the English Premier League by beating last-place Sunderland 1-0 on Wednesday, with Cesc Fabregas' first-half goal earning the team its 10th straight win.

THE ASSOCIATED PRESS

Cubs add Koji to bullpen

The Chicago Cubs made another addition to their bullpen following the departure of Aroldis Chapman, agreeing to a \$6-million, one-year contract with reliever Koji Uehara.

Chicago now has the pitchers who got the final out of three of the last four World Series — Mike Montgomery (this year), Wade Davis (2015) and Uehara (2013).

THE ASSOCIATED PRESS

Auburn pair caught with pot

Auburn starters Bryce Brown and Horace Spencer have been suspended following their arrest on charges of misdemeanor marijuana possession. Tigers coach Bruce Pearl says they will miss at least Thursday night's game with Coastal Carolina.

THE ASSOCIATED PRESS

NHL

Coyotes key to Leafs' great rookie hope

Back when Daniel Briere was putting up points as a dynamo centre for the Phoenix Coyotes, a young boy named Auston Matthews was one of his biggest fans.

Today the 19-year-old Matthews, who was born the year after the former Winnipeg Jets landed in the desert and relaunched as the Coyotes, is the first big byproduct of the sun-splashed hockey community to make the NHL.

His hockey life was not that of a kid growing up in Ontario or Alberta, but Matthews, the To-

ronto Maple Leafs' emerging centre, said it wasn't far off either.

"I was still waking up at six in the morning, but it was about 65 (Fahrenheit) and sunny outside. I was walking outside in shorts and flip-flops," Matthews said after practice on Wednesday afternoon. "To me it was just normal growing up there."

Matthews will face his favourite childhood team for the first time in Toronto on Thursday night before heading back home next week for his first NHL appearance at Gila River Arena.



Auston
Matthews
GETTY IMAGES

remembers watching Alex Ovechkin and Sidney Crosby with awe, recalling with precision a pair of special goals both scored in Glendale.

He rooted for the Coyotes, "but

the rink he once attended as a fan.

He'll get to face off against long-time Arizona captain Shane Doan, one of the players he used to root for as a kid.

Matthews also remembers watching Alex Ovechkin and Sidney Crosby with awe,

recalling with precision a pair of special goals both scored in Glendale.

He rooted for the Coyotes, "but

secretly you wanted to see something fun happen from those really special players."

Though the Coyotes franchise has endured a pair of turbulent decades since moving from Winnipeg in the mid-1990s, Matthews suggests the market has potential to attract kids.

If there's one thing he now misses about life in Arizona it's the weather.

"I mean home's home," Matthews said, "so it's always nice to be there."

THE CANADIAN PRESS

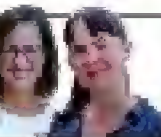
MAKE IT TONIGHT

Spicy Carrot Soup



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada



Amp up or chill out the spices in this carrot soup depending on how you or your family like it.

Ingredients

- 2 tablespoons of olive oil
- 1 onion chopped
- 2 cloves of garlic minced
- 1/2 inch of fresh ginger minced
- 1 teaspoon chili
- 1/2 teaspoon cumin
- 1/2 teaspoon cinnamon
- 3 or 4 carrots, peeled and chopped
- 3 cups low sodium vegetable or chicken stock
- juice of half a lemon
- plain yogurt to garnish

Directions

1. Warm a plug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about two minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice.

3. Add stock and increase the heat until it boils.

4. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

5. Puree in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick.

6. Stir in lemon juice.

7. Taste and check seasoning. Serve garnished with yogurt.

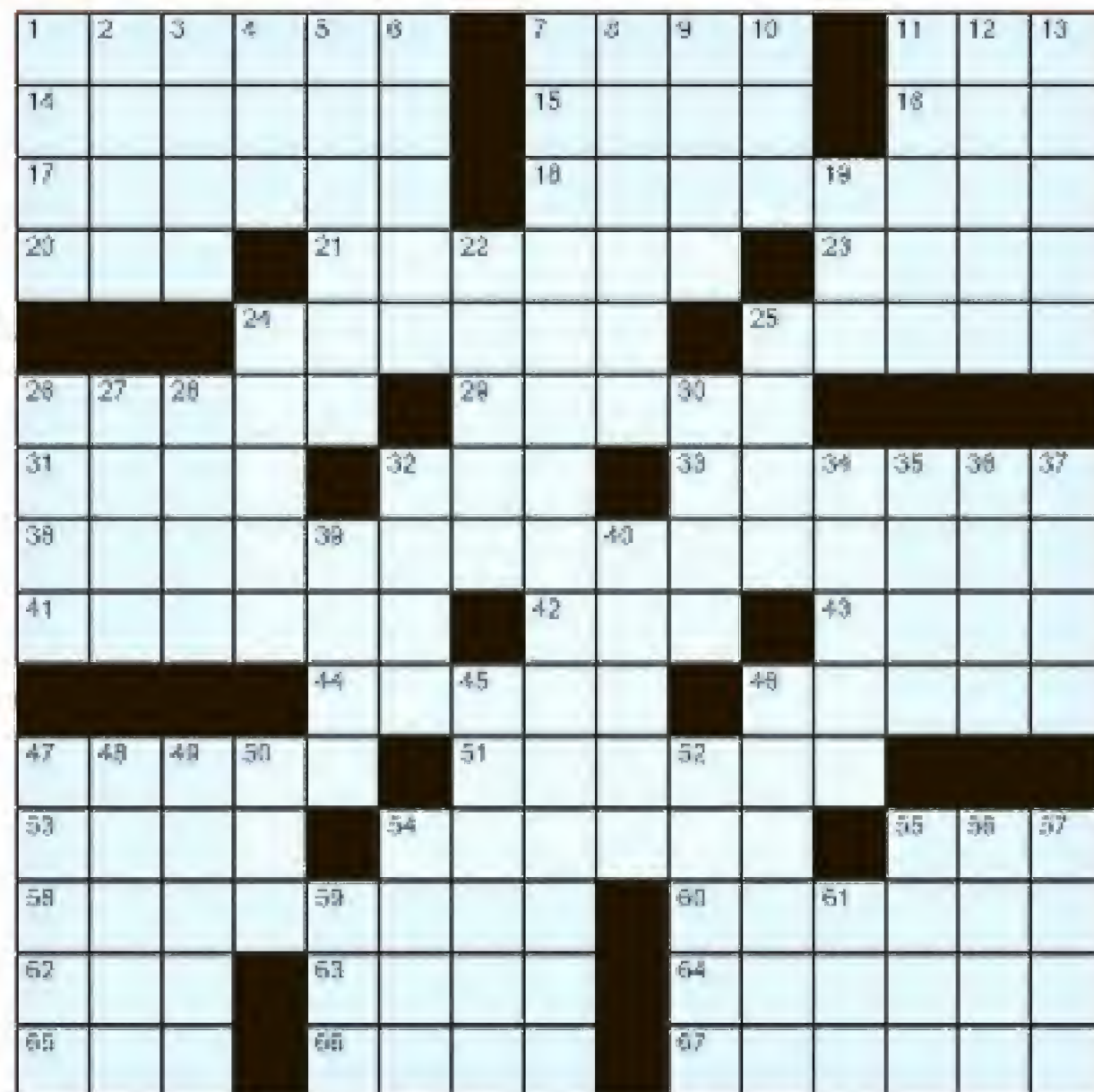
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Help get the hockey goal
- Shindig
- Pop-ups, e.g.
- Less tight
- Taxi alternative service
- Orchestra
- Reunion attendees
- Municipality in Manitoba, Norfolk
- Pine- (Cleaning brand)
- Cleric with a wooden bench
- Lotus position-doing class
- The Enlightened One
- Snake's toxin
- Crouch
- funds
- Serve the wine
- Favouring
- Maple, in Quebec
- Festive faux firs: 2 wds.
- Doesn't catch, as a bus perhaps
- Meshwork
- Gather the crops
- Male deers
- Hoarse
- The Matthew explorer John
- 1981: "Being with You" by Robinson
- Declare with certainty
- Paper clip alternative
- Sort of deposit
- Crossroads to the Future' village in Alberta northeast of Calgary



where Squirt the Skunk is the mascot
60. Practical
62. Work unit
63. Citizen of Ankara or Istanbul
64. Carpentry joint parts
65. Particular loaf
66. Pepsi holders

67. Showbiz legend Ms. Gabon: 2 wds.

DOWN

- Sigher's word
- Unaccompanied
- Inner light
- Philosophy
- Lampoon
- Gave it a go

7. On animal bone artifacts in archaeology, they indicate that tools were used, such as in the preparation of meat: 2 wds.
8. In a country far away
9. Pictured
10. Letters with Prince

Charles' name
11. Cook's covering
12. Wild dog of Australia
13. "Heat" by Patti Page
19. Bionic part on Colonel Steve Austin
22. Specific-purpose committee: 2 wds.

- Mr. Karloff of scary movies
- Green, in Quebec City
- Internet junk
- Ms. Spelling
- Baseball stats
- Money, informally
- Boxer's hand formation
- Range
- Hive denizens
- Jump
- Catch a glimpse
- Celebration
- Ancient Greek creator of fables
- Sailor's 'backward'
- Peanut Butter Cups name
- Tossed pole in Highland games
- Office labels brand
- Ecnu
- Alternatives
- Butterfingers
- Arctic seabird
- "The Wizard" (1939)
- Bits of vocal acrobatics
- Queen in Disney's "Frozen" (2013)
- Long list ender
- Disney animated movie deer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down, or minor breakages could occur. It could be anything! Be a Boy Scout, and be prepared.

Taurus April 21 - May 21
Pay attention to everything you say and do to avoid accidents today, because this kind of energy is in the air. But if you are mindful, you will be just fine.

Gemini May 22 - June 21
Something having to do with your finances, your possessions or your cash flow will be interrupted. You might lose money or you might find something!

Cancer June 22 - July 23
Today the Moon is in your sign, at odds with Uranus. This makes you independent and rather obsessed with things. Furthermore, everybody is restless and irritable.

Leo July 24 - Aug. 23
Something occurring behind the scenes will have a domino effect and possibly interrupt your life or your plans today. Give yourself extra time so you have the space to deal with this.

Virgo Aug. 24 - Sept. 23
You can expect to be surprised by a female acquaintance today. Possibly, you will meet someone who is really different or "out there."

Libra Sept. 24 - Oct. 23
Relations with female authority figures are challenging today. This includes mom, bosses, judges, nurses and the police. Don't test your luck. Be courteous.

Scorpio Oct. 24 - Nov. 22
Your travel plans will be interrupted today. You can almost count on this. Double-check all important details, and allow yourself extra traveling time.

Sagittarius Nov. 23 - Dec. 21
Stay in touch with your bank account and anything having to do with inheritances and shared property, because something might adversely affect these areas today. Make sure you know what's happening.

Capricorn Dec. 22 - Jan. 20
A close friend or partner might throw you a curveball today. He or she might want more freedom or demand a change. Or she might take you out for dinner.

Aquarius Jan. 21 - Feb. 19
Expect interruptions at your workplace today. It could be anything: Computer glitches, equipment breakdowns and canceled appointments, as well as staff shortages.

Pisces Feb. 20 - March 20
Be extra vigilant today, because this is an accident-prone day for your kids. Keep your eyes peeled. Meanwhile, social plans might change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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1st to 31st
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Get into the holiday spirit this season and
take a tour through the community of
Sage Creek to watch a spectacular
Holiday Light Show at Snowberry
Circle throughout the month
of December.

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Once you are there, *simply follow the
signs to Snowberry Circle!*

For more information visit
sagecreek.ca